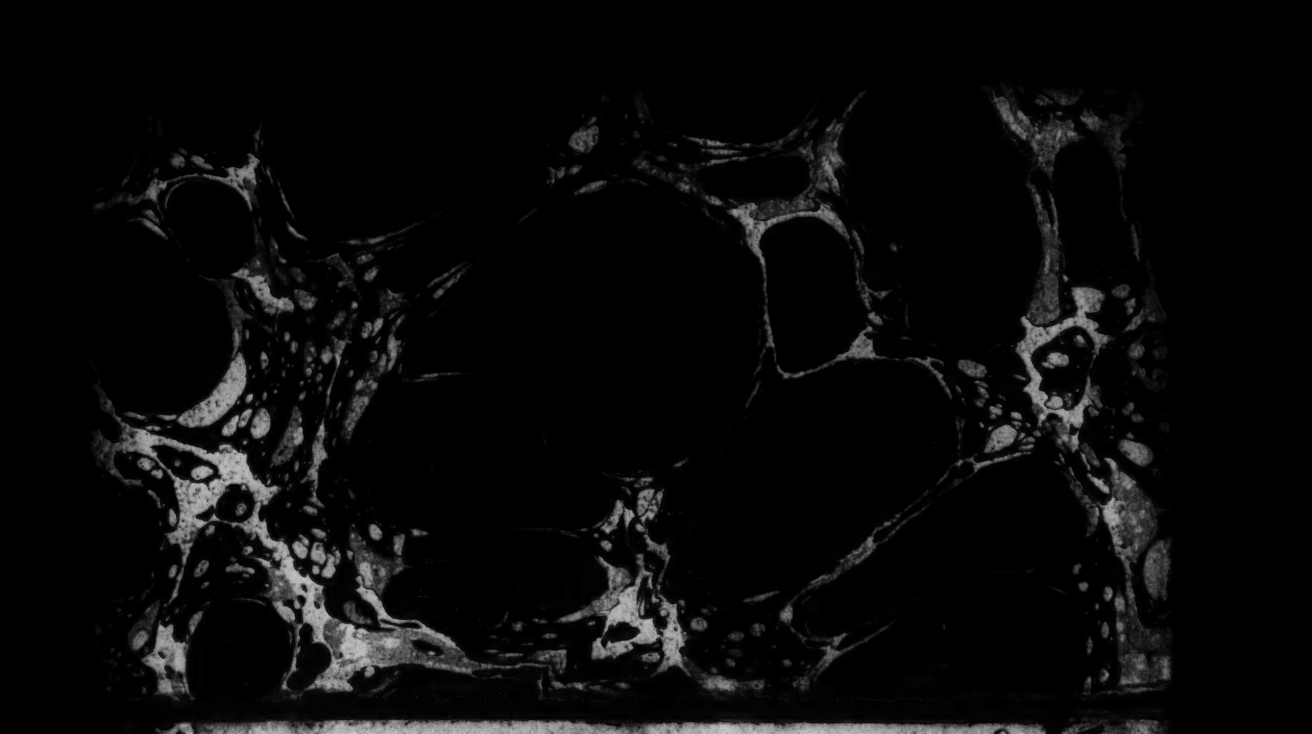
George Chetwynd.

George Chetwynd.



A CLOSET for Ladies and Gentlewomen.

OR,

The Art of Preſerving, Conſerving, and Candying.

With the manner how to make divers kindes of Sirups, and all kinde of banqueting ſtuffes.

Alſo divers ſoveraigne Medicines and Salves for ſundry Diſeaſes.

LONDON,
Printed by R. H. for *Charles Greene.* 1647.

OR,

LONDON:

An especiall Note of Confectionary.

To preserve Pippins red.

TAke your best coloured Pippins, and pare them: then take a piercer, and bore a hole thorow them, then make sirup for them as much as will cover them, and so let them boyle in a broad preserving pan: put into them a piece of Cinamon stick, and so let them boyle close covered very leisurely, turning them very often: for, if you turne them not

very often, they will ſpot, and the one ſide will not be like the other, and let them thus boyle untill they begin to gelly: then take them up, and pot them, and you may keepe them all the yeare.

To preſerve Pippins white.

TAke faire large Pippins, and after Candlemas pare them, and bore a hole thorow them, as you did for the red ones: then make a weake ſirup for them, and ſo let them boyle till they be tender, then take them up, and boyle your ſirup a little higher, then put them up in a Gally-pot, & let them ſtand all night, and the next morning the ſirup will be ſomewhat weaker: then boyle the ſirup againe to his full thickneſſe, and ſo pot them and you may keep them all the yeare. If you pleaſe to have them taſte a pleaſant taſte, more than the naturall Pippin, put in one graine of muſk and one drop of the Chymicall oyle of Cinamon, and that will make them

them taſte a more pleaſant taſte.

To preſerve Pippins green.

TAke Pippins when they be ſmall and green off the tree, and pare three or foure of the worſt, and cut them all in peeces: then boyle them in a quart of faire water till they be pap, then let the liquor come from them, as you doe from your Quodiniacke into a Baſon: then put into them one pound of Sugar clarified, and put into this as many greene Pippins unpared as that liquor will cover, and ſo let them boyle ſoftly: and when you ſee they be boyled as tender as a quodlin, then take them up, and pill off the overmoſt white skin, and then your Pippins will bee green: then boyle them in your ſirup again till the ſirup be thick: and ſo you may keepe them all the yeare.

To preserve Apricocks.

OF Apricocks take a pound, and a pound of sugar, and clarifie your sugar with a pinte of water, and put it into a preserving pan, and put your Apricocks into it, and so let them boyle gently: and when they be boyled enough, and your sirup thicke, pot them, and so keepe them. In like manner you may preserve a peare plum.

To preserve Mirabolans or Malacadonians.

TAke your Malacadonians: stone them, and perboyle them in water: then pill off the outward skin of them: they will boyle as long as a peece of beefe, and therefore you need not feare the breaking of them; and when they bee boyled tender, make sirup of them, and preserve them

them as you do any other things and ſo you may keepe them all the yeare.

To preſerve Pomcitrons.

OF your Pomcitrons take one pound and a halfe, and cut them ſome in halves, ſome in quarters, and take the meat out of them, and boyle them tender in faire water; then take two pound of ſugar being clarified, and make ſirup for them, and let them boyle in ſirup a quarter of an houre very gently: then take them up, and let your ſirup boile till it bee thick; and then put it into your Pomcitrons, and you may keepe them all the yeare if you pleaſe, you may pare ſome of them; for, ſome delight them in the skin; and ſome pared.

To preſerve Cherries.

OF the beſt and faireſt Cherries take ſome two pound, and with a paire of ſheers clip off their ſtalks

by the midst; then wash them cleane, and beware you bruise them not; then take of fine Barbary Sugar, and set it over the fire, with a quart of faire water, in the broadest vessell you can get, and let it seeth till it be somewhat thick, then put in your Cherries, and stirre them together with a silver spoone, and so let them boyle, alwayes scumming and turning them very gently, that the one side may be like the other, untill they be enough: the which to know, you must take up some of the sirup with one Cherry, and so let it coole; and if it will scarce run out, it is enough: and thus, being cold, you may put them up, and keepe them all the yeare.

To preserve Red-rose leaves.

OF the leaves of the fairest buds take halfe a pound: sift them cleane from seeds; then take a quart of fair water, and put it in an earthen pipkin

pipkin and set it over the fire untill it be scalding hot; and then take a good many of other red rose leaves, and put them into the scalding water, untill they begin to looke white, and then straine them: and thus do untill the water looke very red. Then take a pound of refined Sugar, and Beate it fine, and put it into the liquor, with halfe a pound of Roseleaves, and let them seethe together till they bee enough: the which to know, is by taking some of them up in a spoone, as you doe your Cherries; and so, when they be thorow cold put them up, and keepe them very close.

To preserve Oranges and Lemmons.

TAke your Oranges and Lemmons large and well coloured, and take a rasp of steele, and raspe the outward rinde from them: then lay them in water three dayes and three nights: then boyle them tender,

and shift them in the boyling, to take away their bitternesse : and when they be boyled tenderly, take two pound of sugar clarified with a pinte of water; and when your sirup is made, and betwixt hot and cold, put in your Lemmons and Orenges, and there let them be infused all night : the next morning, let them boyle two or three walms in your sirup: let them not boil too long in the sugar, because the rinds will be tough : take your Lemmons out, and boyle your sirup thicker, and so when it is cold, put them up, and keep them all the yeare.

To preserve Quinces.

Of your Quinces take a pound; core them, and then perboile them, and pil off the outtermost white skin, and then weigh them, and put into them clarified sugar one pound, and then boyle them closely covered upon a very gentle fire, putting unto them a stick

ſtick or two of good Cinamon cut into ſmall peeces, and ſo ſtirre them continually, that they may be well coloured on every ſides; and when the ſirup is come to the height of a perfect gelly, take them off the fire, and ſo keepe them; for the higher your ſirup is, the better will your Quinces keep.

To preſerve Peaches.

OF your faireſt and beſt coloured Peaches, take a pound, and with a wet linnen cloth wipe off the white hoare of them; then perboyle them in halfe a pint of white Wine, and a pint and a halfe of running water; and being perboyled, pill off the white skinns of them, and then weigh them: take to your pound of Peaches, three quarters of a pound of refined Sugar, and diſſolve it in a quarter of a pinte of white Wine, and boyle it almoſt to the height of a

ſirup

sirup, and then put in your Peaches, and let them boyle in the sirup a quarter of an houre or more, if neede should require: and then put them up and keepe them all the yeare.

To preserve Eringo roots.

TAke your Eringo roots, fair and not knotty, one pound, and wash them cleane; and when they bee washed, set them on the fire, and boyle them very tender; pill off the outermost skin of them, but see you breake them not; and as you pare them, put them into cold water, and let them all remaine there till all bee finished; and then you must take to every pound of roots, three quarters of a pound of clarified Sugar, and boile it almost unto the height of a sirup; and then put in your roots, but looke that they boyle very gently together, with as little stirring as may be, for feare of breaking, untill they bee enough:

enough: and when they be cold, put them up, and so keepe them.

To preserve Barberries.

TAke your Barberries very faire and well coloured, and pick out every stone of them, & then weigh them: and to every ounce of Barberries, you must take three ounces of hard Sugar; and with halfe an ounce of the pulp of Barberries, and one ounce of red rose water, you must dissolve your Sugar, and then boyle it to a sirup; being so boyled, put in your Barberries, and let them boyle a quarter of an houre, and then take them up; and as soone as they begin to wax coole, put them up, and they will keep their colour all the yeare.

To preserve Gooseberries.

YOu must take your large Berries, but not thorowly ripe, and picke off all the stalkes from them, and

and wash them cleane : take a pound of them, and set them on the fire till they be hot, and then take them off, and let the liquor runne from them, then take ten ounces of hard Sugar, and foure ounces of Sugar-candy, and clarifie it with a pinte of water, and the white of an Egge, and boyle it to a thick sirup; and then put in your Gooseberries, and let them boyle a walme or two; and so betwixt hot and cold, put them up, and keepe them all the yeare.

To preserve Damsons.

TAke of your Damsons large and well colored, but not thorow ripe, for then they will breake, and picke them clean, & wipe them one by one; then weigh them, and to every pound of Damsons, you must take a pound of Barbary Sugar, white and good, dissolved in half a pint or more of water: boile it almost to the height of a sirup and

and then put in your Damſons, keeping them with continuall ſcumming and ſtirring, and that with a ſilver ſpoone; and ſo let them boyle untill they be enough, upon a gentle fire: and when they be enough, take them up, and keep them all the yeare.

To preſerve Raſpices.

TAke of your faireſt and well coloured Raſpices, and picke off their ſtalks very cleane; then waſh them, but in any caſe ſee that you bruiſe them not; then weigh them, and to every pound of Raſpices, you muſt take ſix ounces of hard Sugar, and ſix ounces of Sugar candy, and clarifie it with halfe a pint of faire water, and foure ounces of juice of Raſpices: being clarified, boil it to a weak ſirup, and then put in your Raſpices, ſtirring them up and downe, and ſo let them boyle till they be enough, that

that is, using them as your Cherries, and so you may keepe them all the yeare.

To preserve Enula Campana roots.

TAke of your Enula Campana Roots, and wash them: scrape them very cleane, and cut them thin to the pith, the length of your little finger: and as you cut them, put them in water, and let them lye in water thirty dayes, shifting them twice every day, to take away the bitternesse; weigh them, and to every pound of roots, you must take twelve ounces of clarified Sugar, first boyling your roots as tender as a Chickin, and then put them into your clarified Sugar, and let them boyle upon a gentle fire untill they be enough: and let them stand off the fire a good while, and betwixt hot and cold put them up to your use.

To

To preserve Saterion roots.

TAke your Saterion roots, and pick out the faire ones, and keepe them by themselves: then wash them, and boyle them upon a gentle fire as tender as a Quodlin, then take them off, and pare off the blackest skinne of them, and put them as you pare them into faire water, and so let them remaine one night, and then weigh them, and to every pound of roots you must take eleven ounces of clarified Sugar, and boyl it almost to the height of a sirup, and then put in your roots, but take heed they boyle not too long, for then they will grow hard and tough: and therefore when they be boyled enough, take them off, and set them a cooling, and so keepe them according to the rest.

Here end the Preservatives.

To

To make Manus Christi.

OF refined sugar take halfe a pound and some Rose-water, and boyle them together till it come to sugar againe: then stirre it about while it be somewhat cold: then take your leaf-gold, and mingle with it: then cast it according to art, that is, in round gobbets, and so keepe them.

To candy Ginger.

TAke very fair and large Ginger, and pare it, and then lay it in water a day and a night; then take your double refined sugar, and boyle it to the height of sugar again: then when your sugar beginneth to be cold, take your Ginger, and stir it well about while your sugar is hard to the pan: then take it out race by race, and lay it by the fire foure houres: then take a pot, and warme it, and put the Ginger

ger in it: then trye it very close, and every second morning stirre it about roundly, and it will be rocke candied in a very short space.

To candy Rose-leaves, as naturally as if they grew upon the tree.

TAke of the fairest Rose leaves, red or damaske, and on a Sunshine day sprinkle them with Rose-water and lay them one by one, upon faire paper; then take some double refined sugar, and beat it very fine, and put it in a fine lawn searce; when you have layd abroad all the Rose-leaves in the hottest of the Sun, searce sugar thinly all over them: then anon the sun will candy the sugar; then turn the leaves, and searce the sugar on the other side, and turne them often in the Sun, sometimes sprinkle Rose water and sometimes searcing sugar on them untill they bee enough, and come to your

your liking: and being thus done, you may keep them.

To candy Marigolds in wedges, the Spanish fashion.

TAke of the faire yellow Marigold flowers two ounces, and shred them, and dry them before the fire; then take foure ounces of Sugar, and boil it to the height of *Manus Christi*; then powre it upon a wet Pieplate, and betwixt hot and cold, cut it into wedges: then lay them on a sheet of white paper, and put them in a Stove.

To candy all manner of flowers in their naturall colours.

TAke the flowers with the stalks, and wash them over with a little Rose-water, wherein Gum arabecke is dissolved; then take fine searced Sugar, and dust over them, and set them

them a drying on the bottome of a sieve in an Oven, and they will glister as if it were Sugar-candy.

To candy all manner of Flowers, Fruits, and Spices, the cleer rock-candy.

TAke two pound of Barbary Sugar great grained, clarified with the whits of two Egges, and boyle it almost as high as for *Manus Christi*: then put it into a pipkin that is not very rough, then put in your Flowers, Fruit and Spices, and so put your Pipkin into a Still, and make a small fire of small coles under it; and, in the space of twelve dayes, it will be rock candied.

To candy Eringo roots.

TAke your Eringo roots ready to be preserved, and weigh them, and to every pound of your roots, you must take of the pureſt sugar you can get

two

two pound, and clarifie it with the whites of Egges exceeding well, that it may be as cleare as Chrystall, for then it will be very commendable: it being clarified, you must boyle it to the height of *Manus Christi*, and then dip in your roots two or three at once, till they be all candied, and so put them in a Stove, and keep them all the yeare.

To candy Enula Campana.

TAke of your faireſt Enula Campana roots, and take them cleane from the ſirup, and waſh the ſugar off them, and dry them againe with a linnen cloth; then weigh them, and to every pound of roots you muſt take a pound and three quarters of ſugar: clarifie it well, and boyle it to the height of *Manus Christi*, and when it is ſo boyled, dip in your roots, three or foure at once, and they will candy very well; and ſo ſtove them,

them, and keepe them all the yeare.

To candy Violet flowers.

TAke of your Violet flowers that are good and new, and well coloured, and weigh them: to every ounce of your Violet flowers you muſt take foure ounces of refined ſugar, which is a very white and faire grained, and diſſolve it in two ounces of faire running water, and ſo boyle it till it come to ſugar againe; but you muſt ſcum it often, leſt it be not clear enough: and when it is boyled to ſugar againe, then take it off, and let it cool, and then put in your violet flowers, ſtirring them together till the ſugar grow hard to the pan: this done, put them into a box, and keepe them in a ſtove.

To candy Gooseberries.

TAke of your faireſt berriers, but they muſt not be too ripe, for then they will not be ſo good, and with a linnen cloth wipe them very clean, and pick off all the ſtalks from them, and weigh them: and to every ounce of Berries, you muſt take two ounces of Sugar, and half an ounce of Sugar-candy, and diſſolve them in an ounce or two of Roſe-water, and ſo boyle them up to the hight of *Manus Chriſti*; and when it is come to his perfect height, let it coole, and put in your Berries, for if you put them in hot, they will ſhrinke, and ſo ſtirre them in round with a woodden Spatter till they be candied; and thus put them up and keepe them.

To candy Roſemary flowers.

TAke of your Roſemary flowers ready pickt, and weigh them; to every

every ounce of flowers you must take two ounces of hard suger, and one ounce of Suger Candy, and dissolve them in Rosemary flower-water, and boyle them till they come to sugar againe: which done, put in your Rosemary flowers when your sugar is almost cold, and so stir them together til they be enough, and then take them out, and put them in a box, and keep them to your use in your stove.

To candy Borage-Flowers,

Take your flowers, and pick them very cleane, and weigh them, and use them in every respect as you did your Rosemary flowers, save this, that when they be candied, you must set them in a still, and so keepe them in a sheet of white paper, puting every day a chafindish of coles into your still, & it will be candied very excellently, and that in a short space.

Here end the sorts of candying.

To make Paste of Pippins, the Geneva fashion, some with leaves, some like Plums, with stalks and stones in them.

TAke your Pippins, and pare them and cut them in quarters: then boile them in faire water till they be tender; then straine them, and dry the pulp upon a chafindish of coles: then weigh it, and take as much sugar, as it weigheth, and boile it to *Manus Christi*, and put them together: then fashion them upon a Pieplate, and put it into an Oven being very slightly heat: the next morning you may turne it, and put them off the plates upon sheets of Paper upon a hurdle, and so put them into an Oven of like heat, and there let them remaine foure or five dayes, puting every

every day a Chafindish of coles into the Oven: and when they be thorow dry you may box them, and keepe them all the yeare.

To make paste of Eglantine, of the colour of red Corall.

TAke your Eglantine Berries, otherwise called Hips, and stamp them in a morter with Gumdragagant and Rose-water; then straine it thorow a strainer; then take halfe a pound of refined sugar beaten, and searced, and worke it up into Paste with this straining: then print it with your moulds: then stove it, and then gild them.

To make Past-Royall white.

TAke a pound of refined sugar beaten and searced and put into an Alablaster Morter, with an ounce of Gumdragagant, steeped in Rose wa-

ter: and if you see your Paste be too weake, put in more sugar; if too dry, more Gumme, with a drop or two of oyle of Cinamon, so that you never deceive your self, to stand upon quantities: beate it into perfect paste, and then you may print it with your moulds; and when it is dry, gild it, and so keepe them.

To make paste-royall in Spices.

TAke of Cinamon and Ginger, of each a like quantity being finely searced: mingle it with your searced sugar and gum Dragagant steeped in Rose water, and worke it into paste, as you may turne it upon sticks made of peeces of Arrows, and make them hollow like Cinamon sticks: in like sort you may make it taste of what spices you please.

To

To make Paste of Genua the true way.

TAke two pound of the pulp of Quinces, and as much of Peaches, and straine it, and dry it in a pewter platter upon a chafindish of Coles: then weigh it, and take as much sugar as it weigheth, and boile it to the height of *Manus Christi*, and then put them together, and so fashion it upon a Pie plate, and dry it in an Oven with a Chafindish of coles, untill it be thorow dry: and then if it please you, you may spot them with gold.

To make Paste of Violets.

YOu must take of your Violets that are ready picked, and bruise them in an Alablaster or Marble mortar, and wring the juice from them into a Porringer, and put as much

hard sugar in fine powder, as that juice will cover: dry it, & powder it again, and then take as much Gumdragagant steeped in Rose water, as will bring this sugar into perfect Paste: when it is perfect, take it up, and print it with your moulds, and so dry it in your stove, and not by the fire, for feare of danger, and when it is dry, gild it. It is a fine banqueting conceit.

To make Paste of Gooseberries.

TAke of your Gooseberries, and cut them one by one, and wring the juice from them, till you have gotten so much as you think will serve your turn: boyle your juice a little, that it may be thicker: then take as much double refined sugar as your juice will sharpen, and dry it as you did for Violets; and being dry, beat it very fine, and take as much gumdragagant steeped in red rosewater, as will serve, & beat it into perfect Paste

paſte in an Alablaſter Mortar, & then take it up, & print it with your molds, uſing it in every reſpect as your paſte of violets. This is excellent good for one that hath a weake ſtomack.

Here begin Banqueting Conceits, as Marmelades, Quodiniake, and such like.

To make Muskadine Comfits.

TAke halfe a pound of Musk sugar beaten and searced: then take Gum-dragagant steeped in Rose water, and two graines of Muske, and so beat them in an Alablaster Morter till it come to perfect Paste: then drive it very thin with a rowling pin, and then cut it into small peeces like diamonds; some cut with

with a rowle ſpoone on the ſides: being thus cut, ſtove them, and ſo keepe them all the yeere.

To make Diocitonium ſimplex of Quinces.

TAke of your Quinces, and part them, and cut them in peeces, and boile a pound of theſe peeces in a quart of faire water, till they be very ſoft: then let the liquor run from them, take a pound of ſugar Candy and beat it fine, and put it into that liquor, and let it ſeeth till you ſee it ſtand like gelly: then take it from the fire, and put there in foure drops of oyle of Cinamon and Nutmegs, and then put in five and twenty leaves of fine gold, and ſtir it together, and ſo put it in fine Chryſtall Glaſſes, and keepe it all the yeere.

To make fine Chrystall Gelly.

TAke a knuckle of Veale, and foure Calves feet, and set them on the fire with a gallon of faire water, and when the flesh is boiled tender, take it out: then let the liquor stand still untill it be cold, then take away the top and the bottome of that liquor, and put the rest into a cleane Pipkin, and put into it one pound of clarified Sugar, foure or five drops of Oyle of Cinamon and Nutmegs, a graine of musk, and so let it boyle a quarter of an houre leisurely on the fire, then let it runne thorow a gelly bag into a bason, with the whites of two egges beaten; and when it is cold, you may cut it in lumps with a spoone, and so serve three or foure lumps upon a plate.

To make white leach of creame.

TAk a pint of ſweet creame, and ſix ſpoonfulls of Roſewater, & two graines of Muſk, two drops of oile of Mace, or one peece of large Mace, and ſo let it boile with foure ounces of Iſinglaſſe: then let it run down thorow a gelly bag: when it is cold, ſlice it like brawne, and ſo ſerve it out. This is the beſt way to make leach.

To make a Walnut, that when you crack it, you ſhall finde Baskets and Carrowaies in it, or a prety Poſie written.

TAke a peece of your paſte-royal white, being beaten with Gum-dragagant, and mixed with a little fine ſearced Cinamon, which will bring your paſte in a Walnut ſhell

shell colour: then drive it thin, and cut it into two peeces, and put the one peece into the one half of your mold, and the other into the other, then put what you please into the nut, and close the mould together, and make three or foure Walnuts.

To make Quodiniack of Plums.

TAke two pound of Plums, and put them into a Posnet with a pound and a halfe of Brasill sugar, clarified with a pint of faire water, and let it boile till the Plums breake: then take it off, & let your liquid substance run thorow a strainer, and then put it again into the Posnet, and so let it boyle till it come to its thicknesse, and then print it with your moulds on what fashion you please.

To mak Biskettello.

TAke two ounces of very fine sugar, beaten and serced, and put into

into it halfe a ſpoonfull of Amidum, that is, white ſtarch; a graine of Muſk, then beat it into perfect Paſte, with Gumdragagant ſteeped in Roſewater: then make it into little pretty loaves the faſhion of Manchets, and ſo put a Wafer in the bottome of every one of them, and bake them in a baking pan, but take heede your pan be not hot, & ſo ſpeck them with gold, and ſo box them. It is a very fine banqueting conceit.

To make a ſpeciall ſweet water to perfume cloathes in the folding, being waſhed.

TAke a quart of Damask Roſe water and put it into a glaſſe, put unto it a handfull of Lavender flowers, two ounces of Orris, a dramme of Muſk, the weight of foure pence of Amber greece, as much Civet, foure drops of Oyle of Cloves; ſtop this cloſe, and ſet it in the Sunne a fort-

a fortnight: put one spoonfull of this water into a bason of common water, and put it into a glasse, and so sprinkle your cloths therewith in your folding: the dregs left in the bottome (when the water is spent) make as much more, if you keepe them, and put fresh Rose water to it.

To make Mosse powder.

TAke two pound of Mosse of a sweet Apple tree, gathered betweene the two Lady dayes, and infuse it in a quart of Dammaske rose-water, four and twenty houres: then take it out, & dry it in an oven upon a Sives bottom, and beat it to powder: put to it an ounce of Lignum Aloes beaten and searced, two ounces of Orries, a dramme of Musk, halfe a dram of Amber greece, a quarter of a dram of Civet: put all these into a hot morter and pestle, and beat them together: and searce them thorow a coorse

coorſe haire ſearce, and put it into a bag, and lay it among your clothes.

To make Aromaticum Lozenges.

TAke of fine ſugar halfe a pound; boile it with red roſe water, untill it come to the height of Lozenges; and in the cooling, put in of the ſpices of Aromaticum Roſarum, foure drams, with a litle Confectio Alchermes, and ſo make them into Lozenges, gilding them firſt, and then cut them ſquare with a knife for that purpoſe; and when you gild them, if your gilding will not ſtick on, wet them gently with a litle roſe water, but not too much, in any caſe.

To make a march pane, to ice it, and garniſh it after the Art of Comfit-making.

TAke two pound of ſmall Almonds blanched, and beaten into perfect paſte,

paſte, with a pound of ſugar finely ſearced, putting now & then a ſpoonfull or two of Roſe-water, to keepe it from oyling: and when it is beaten to perfect paſte, rowle it thin, and cut it round by a Charger: then ſet an edge on it as you doe on a Tart: then dry it in an Oven or a baking Pan: then ice it with Roſe water and ſugar, made as thick as batter for Fritters: when it is iced, garniſh it with conceits, and ſtick long Comfits in it, and ſo gild it, and ſerve it.

To make all ſorts of banqueting Conceits of March pane ſtuffe, ſome like Pies, Birds, Baſkets, and ſuch like, and ſome to print with moulds.

TAke a pound of Almond Paſte made for the Marchpane, and dry it in a chafindiſh of coles, till you ſee it wax white: then you may

may print ſome with moulds, & make ſome with hands. & ſo gild them; then ſtove them, and you may keepe them all the yeere. They be excellent good to pleaſe children.

To make all kinde of birds and beaſts to ſtand on their legs, in caſting worke.

TAke Barbary ſuger, clarify it, and boyle it to the height of *Manus Chriſti*: then poure it into your moulds, they being ſeaſoned as for your Quodiniack: let them ſtand a quarter of an houre, and they will be cold and then you may take them out and gild them.

To caſt all maner of fruitage hollow in turned work, and put them in their colours, as Orenges, Lemons, and the like.

TAke your ſuger being boyled to the height of *Manus Chriſti*, and

put

put it into your Alablaſter moulds, being made of three peeces; turne it round about in your hand, while it is hot; and when it is cold, take it out, and put them into their naturall colour.

To make Prince Bisket bread.

TAke a pound of very fine flowre, as much ſugar thorowly ſearced, one ounce of Aniſeeds cleane pickt: take eight Eggs, and a ſpoonefull of Muskadine, and beate all into batter as thick as for Fritters: beate it thus in a Bowle one houre: then put it into your coffins of plate, or frames of wood, and ſet it in an Oven, and let it remaine there one houre: you may ſlice ſome of them when they be a day old, and dry them againe upon a hurdle of Wicker: you may alſo take one of your leaves, and waſh it over with the yelke of an Egge beaten with a little Roſewater, and while it is greene, Caſt Biskets and Carrowaies

on

on it, and a litle white Candy, and it will ſhew as if it did haile on it; then ſpot it with gold, and give it to whom you pleaſe.

To make the uſuall Bisket ſold at Comfit makers..

TAke a Pecke of flower, and foure ounces of Coriander ſeed, one ounce of Anſeed, take three Egges, three ſpoonefulls of ale-yeſt, and as much warme water as will make it as thick as Paſte for Manchets; make it in a long Rowle, and bake it in an Oven one houre; and when it is a day old, pare it, and ſlice it, ſugar it with ſearced ſugar, and put it againe into the Oven; and when it is dry, take it out, and new ſugar it againe, and box it, and keepe it.

To make an especiall sweet Powder for sweet Bags.

TAke of the purest Ortise one pound; of Red and Damask Rose-leaves, of each two ounces, of Cloves three drams, Coriander seed one dram, Cyprus and Calamus of each halfe an ounce, Benzoin and storax of each three drams, beat them all save the Benzoin and Storax, and powder them by themselves, and mix it with the rest of the powder; then take of musk and Civet, of each twenty graines, Amber greece ten graines, mix these with a little of the foresaid powder with a warme Pestle and so by little & little you may mix it with all the rest, and so with Rose-leaves dryed you may put it into your sweet Bags, and so keepe them seven yeeres.

To

To make an excellent Marmelade, which was given to Queene Mary for a Newyeares gift.

TAke a pound and a halfe of ſugar, boile it with a pint of faire water, till it come to the height of *Manus Chriſti*: then take three or foure ſmall quinces, one good oringe pill, both very well preſerved and finely beaten, and three ounces of Almonds blanched, and beaten by themſelves, Eringo roots preſerved two ounces and a halfe, ſtir theſe with the Suger till it will not ſtick; and then at the laſt, put in of muſk and Amber diſſolved in Roſewater, of each foure graines of Cinamon, Ginger, Cloves and Mace, of each three drams, of oile of Cinamon two drops: this being done, put it into your Marmelade boxes, and ſo preſent it to whom you pleaſe.

To make another sort of marmelade very comfortable for any Lord or Lady whatsoever.

TAke of the purest greene Ginger, six drammes; of Eringo and Saterion roots, of each an ounce and a halfe; heat these very finely, and draw them with a silver Spoone thorow a haire searce; take of Nut-kernels and Almonds blanched, of each an ounce, Cocks stones halfe an ounce, all steeped in honey twelve houres, & then boiled in milke, and beaten and mixed with the rest; then powder the seeds of red Nettels, of Rockes, of each one dram; Plantan seeds halfe a dramme; of the belly and back of a fish called Scincus marinus, three drammes; of Diasaterion, foure ounces; of Cantarides, adde a dramme; beat these very finely, and with the other powder mix it: and so with a pound of fine sugar dissolved in Rose water,

water, and boyled in Sugar againe, mingle the powder and all the reſt of the things, puting in of leafe gold ſix leaves; of pearle prepared, two drams, Oyle of Cinamon ſix drops; and being thus done, and well dried, put it up in your Marmelade boxes, and gild it, and ſo uſe it at your pleaſure.

To make a blanch for any Ladies face.

TAke of white Tartar two drams, Camphire one dramme, Coperas halfe a dramme, the whites of foure Egges, juice of two Lemmons, oyle of Tarter foure ounces, Plantan water as much, white Mercury a peniworth, bitter Almonds two ounces; all muſt bee powdred and mixed with the oyle and water, and then boyled upon a gentle fire, and ſtraine it, and ſo keepe it: the party muſt rub her face with a ſcarlet cloath, and then

then over night wash her with it, and in the morning wash it off with bran and white wine.

To make printed Quodiniacks of Quinces, a ruby colour.

TAke two pound of Quinces pared, and cut in small peeces, and put them into a Posnet with three pints of faire water, and so let them boile till they be tender: then put into them a pound of sugar, and let it boil till the fruit fall to the bottome of the Pan: let the liquor run thorow a strainer into a Bason, and put it into a faire Posnet, and let it boile till it come to his colour and thickneſſe: then print it with your moulds: and you shall know when it is ready to print, by rolling a little upon the Back of the spoone, and if you see it will stand, and not run downe, print it. In like sort you may make your Quodiniack of Pippins; your Pippins will hold all the yeere.

To

To make Quodiniacke of Raſpices, or Engliſh Corants.

TAke Raſpices ripe and well coloured, and put them in a diſh, and put to them foure ſpoonfulls of Roſewater, and mix them together with the back of a ſpoone; then wring the liquid ſubſtance thorow a linnen cloth: ſeaſon it by your mouth with ſugar till it bee ſweet enough; then boyle it in a Chafindiſh of coales in a diſh, till it be ready to print: then print it in your moulds, and box it, and ſo keepe them.

Here end the conceits of banqueting.

Your Moulds muſt lye in water one night before you uſe them; and an houre before you print with them, take them out of the water.

CORDIALL WATERS.

Aqua Cœlestis.

TAke of Cinamon 6 ounces, Cloves one dram, nutmegs one dram & a half, of Ginger two drams and a halfe, of Gallingale one dram & a halfe, Cubebs two drams, Callamus roots one dram, all bruised and kept in a paper: then take of Bettony and sage flowers, of each a handfull; Marjoram, Pennyriall, of each halfe a handfull, bruised likewise: then take of these powders, of Aromaticum Rosarum

ſarum three drams; Diambræ, Diamargariton frigidum, Diamoſcum dulce, of each a dram and a halfe: you muſt put all theſe into a gallon of ſpirit of wine, and ſteep them three daies and three nights, ſhaking them well every day, and then diſtill it in your Limbecks; and when it is diſtilled, you muſt hang halfe an ounce of yellow Sanders, and twenty graines of Muſk and Amber in it.

To make Cinnamon water,

TAke one pound of the beſt Cinamon you can get: bruiſe it well, and put it into a gallon of the beſt Sack, and infuſe it three dayes and three nights, and then diſtill it as your Aqua Cœleſtis.

To make Doctor Steevens water.

TAke of Roſe-leaves one dram, Borage, Bugloſſe, Violets, and Roſe-

mary flowres, of each a dram and a halfe, Spikenard a dram, Cinamon 2 ounces, Ginger an ounce, Cloves and Nutmegs of each halfe an ounce, Cardamons a dram & a halfe, Gallingale two drams, Cubebs a dram, Pepper 3 drams, Anniseeds, Carroway seeeds, & Fennell, of each an ounce, Lignum Aloes half a dram, Corall and Pearle in fine powder of each 1 dram; bruise these & put them in a pottle of aqua-vitæ, and a quart of Sack, using it in every respect as your Aqua Cœlestis.

To make Balme water.

TAke Blame, dry three ounces, Time, Peniriall, of each one ounce, Cinamon foure ounces, a dram of Cardomus, Graines halfe an ounce, sweet fennell seeds an ounce, Nutmegs and Ginger, of each a dram, Gallingale one ounce, Calamus, and Cyprus, Cubebs and Pepper, of each two drams, of Caper roots halfe a dram, of Diptamus one dram: bruise

these

these things, and put them to a pottle of Sacke, and steepe them 24 houres, and then use it as the former waters.

Angelica water.

TAke Cardus, dry a handfull, Angelica roots three ounces, of Myrch one dram, Nutmegs halfe an ounce, Cinamon, Ginger, of each four ounces, Saffron one dram and a halfe, Cardamons, Cubebs, Gallingal and pepper, of each a quarter of an ounce, Mace two drams, Graines one dram, Lignum Aloes, Spikenard, Juncus Odoratus, of each a dramme; Sage, Borage, Bugloss, Violets and Rosemary flowers of each halfe a handfull: bruise these, and steepe them in a pottle of Sack twelve houres, and distill it as the rest.

Rosa solis.

TAke Liquorice eight ounces, Aniseeds, Carroway, of each an ounce, Raisons stoned, Dates of each 3 ounces, nutmegs, ginger, cinamon,

Mace, of each halfe an ounce, Gallingale a quarter of an ounce, Cubebs one dram, Figs two ounces, Sugar foure ounces: bruise these, and distill it with a gallon of Aqua-vitæ, as the rest: but when it is distilled, you must colour it with the herbe Rosa-solis, or else Alkanet root.

Wormewood water.

TAke of Wormewood two ounces and a halfe, Sage, Bittony and Rue, of each halfe a handfull, Rosemary tops a handfull, Cinamon three ounces, Nutmegs halfe an ounce, Cloves, and Mace, of each halfe a dram, Ginger one ounce; Gallingale, Cubebs and Spikenard, of each a dram and a halfe, of scordium half a handfull: bruise these, and put them into a pottle of Sacke, and a pint of aqua-vitæ, and steepe them foure and twenty houres, and distill them as the rest.

HERE BEGIN Conserves.

To make Marmelade of Quinces.

TAke your Quinces, and boile them tender: then pare them and cut them to the core: then draw the pulp, that is the Quince, thorow a haire Searce, and weigh it: to every pound of pulp, take a pound of clarified Sugar, and boile them together till they come to a perfect colour, putting to them in the boyling a little Oyle of Cinamon; and when it is boyled enough, that it will not stick to the pan, put it into your Marmelade Boxes. But your conserve must not bee boyled

so high in any case, for then it will not be so good.

To make Conserve of Red and Damaske Roses.

TAke of the purest & best colored buds you can get, and clip off the whites from them, and to every pound of leaves, you must take three pound of barbary sugar, and beat them together till they be very fine; and then with a woodden platter take it up, and set it on the fire till it be thorow hot, and it will be of an excellent collour.

To make Conserve of Violets.

TAke of your Violet Flowers, and pick off all the blew flowers, and keep them, and weigh them, and take to every ounce of flowres three ounces of refined Sugar, and beat them in an Alablaster Morter till they be very fine, and then take them up, and put them

them into an earthen Pipkin, and set them upon the fire till such time as they bee thorowly hot, and then take them off, & put them up & keep them.

To make Pastorall rowles for the Cough.

TAke Liquorice powder finely searced 1 ounce, of the Spices of Diadragaganthum frigidum 2. drams, of Gum Arabeck and Dragagant in fine powder, of each a dram, white starch halfe a dram, Anniseeds in fine powder one ounce, mingle it with the rest: then take of Sugar six ounces, of Pennits one ounce and a halfe, Sugar Candy one ounce powdered and mingled with the former powder: then take Gumdragagant steeped in Rosewater, and beate it into paste, and so make it into long roules, and so dry them and keep them.

To make Conserve of Borage flowers.

TAke of your Borage flowers well coloured, & pick the blacks from

them: then weigh them: to every ounce of flowers, you must take three ounces of Sugar, and beate them together in an Alablaster Morter with a woodden Pestle till they be very fine, so that you cannot discerne any sugar in lumps; then take them out, and put the Conserve into a Pipkin, and heate it thorow hot: and having thus done, put them up, and keepe them all the yeare.

To make Conserve of Rosemary flowers.

TAke your Rosemary flowers, fresh and good, and picke them from the greene tuske: weigh them, and take to every ounce of flowers, three ounces of sugar Candy, and beate them very fine, using them in every respect as you did other Conserves.

To make Conserve of Bugloss flowers.

TAke your Bugloss flowers, and picke them as you did your Borage.

rage ſlowers, and then weigh them, and to every ounce of flowers, you muſt take two ounces of hard Sugar and an ounce of Sugar Candy, and beat them together till they be exceeding fine, and then ſet them on the fire to diſſolve the Sugar; and when it is diſſolved, and the conſerve hot, put it up and keepe it all the yeare.

To make a Pomander.

TAke of Beazon one dram and a halfe, of Storax halfe a dram, of Lignum Aloes in fine powder halfe a ſcruple, of Labdanum halfe an ounce: powder all theſe very fine, and ſearce them thorow Lawne: and then take of Musk a dram, Ambergreece tenne grains, Civet ten graines, and diſſolve them in a hot Morter with a litle roſe water, and ſo make them into a Pomander, putting into it ſix graines of Civet.

To make Conserve of Barberries.

TAke of your Barberies which are very red and ripe, and pick them from the ſtalks, and then waſh them, and put unto them a prettie deale of faire water, and ſet them on the fire in an earthen pan, and ſo ſcald them; and being thorowly ſcalded, pulpe them thorow a fine ſearce, and to every pound of Pulp, take a pound of powder Sugar, and boile them till it be enough, that is, till it will cut like Marmelade.

To make Conſerve of Cichory flowers.

TAke of your Cichory flowers new gathered; for if you let them lie but one houre or two at the moſt, they will loſe their colour, and do you very little ſervice: therefore weigh them preſently, and to every ounce of flowers, you muſt take three ounces of double refined ſugar, and beat them toge-

together in a Morter of Alablaſter & a wooden Peſtle, till ſuch time as they be thorowly beaten: for, the better the flowers and ſugar be beaten, the better will your Conſerve be; let this alwaies be for a generall rule: and being very well brayed, you muſt take them up, and put it into a Chafer cleane ſcoured, and ſet it on the fire till it be thorowly hot: then take it off, and put it up, and kepe it all the yeare.

To keepe Cucumbers in pickle all the yeare.

TAke foure gallons of conduit water, and put into it three quarts of bay Salt, two handfuls of ſage, one handfull of ſweete Marjoram, and foure handfulls of Dill, let theſe boile till it come to three gallons, and then take it off, and when it is almoſt cold, put an hundred of Cucumbers into the Liquor, into a Butter barrell, and kepe them all the yeare, but look that alwayes the hearbs ly upon them

them: and thus done, it will be a most excellent Salet with Oyle, Vinegar and Pepper.

An exceeding fine pill used for the Gowt.

TAke of Aloes two ounces, Mastick three drams, Agrick halfe an ounce, Ginger halfe a dram: let these be powdred very fine: then take of the extraction of Rubarb three drams, and with white wine let them be incorporated into a masse of pills, adding unto them a drop of Oile of Cloves, and as much of Nutmegs.

A medicine for the Gowt.

TAke of the Slips of Starres to the number of foure, and then take to every slip foure Inziles, and put them into an earthen Pot, & sprinkle foure or five handfulls of Salt upon them, & then put to them Sage, Rue, Wormewood and Hysop, of each foure handfuls

fulls, and ſo diſtill them; and when you have diſtilled them, put to them a quart of Wine Vinegar, wherein an ounce of white Mercury is diſſolved, and ſo bathe the place infected with the Gowt, and it will eaſe them preſently.

To make ſirup of Pomcitrons.

TAke Pomcitrons, and cut them in halves, and juice them, but beware you wring them not too hard, leaſt it be ſlimy; and then take to every pint of juice three quarters of a pound of refined ſugar, and boile it in an earthen pipkin till it come to the height of a ſirup, and take heed in any caſe that you boyle it not on too hot a fire, leaſt it burne: and then, when it is boyled enough, put it up and keepe it all the yeere.

To make sirup of Violets.

TAke your Violets, and pick the Flowers, and weigh them, and then put them into a quart of water, and steepe them upon hot embers untill such time as the flower be turned white, and the water as blue as any Violet: then take to that a quart of infusion, and foure pound of clarified sugar, and boile it till it come to a sirup, scúming and boyling them upon a gentle fire, lest it turne his colour: and being boyled, put the sirup up, and keepe it.

To make sirup of Liquoris.

TAke your Liquoris eight ounces, and scrape it very cleane, and bruise it very well, and maiden haire one ounce, Aniseed and Fennell seed of each halfe an ounce: steepe these in foure pints of Raine water halfe a day, and then boile it to a quart: then take

take a pound and a halfe of clarified ſugar, and boile it with that liquor till it come to a ſirup, and then put it up, and keepe it.

To make ſirup of Hore-hound.

TAke of Hore-hound two handfuls, of Colts foot a handfull, of Time, Pennirial and Calamint, of each two drams, of liquoris one ounce and a halfe, of Figs and Raiſons of the Sunne, of each two ounces, Piony kernels a quarter of an ounce, Aniſeeds and Fennell ſeeds, of each a quarter of an ounce: boile theſe in a gallon of faire water, till it come to a pottle or three pints, and then ſtraine it, and take three pound of ſugar, and three Egges, and clarifie that liquor, and ſo boile it to a ſirup, and ſo keepe it all the yeere.

To make sirup of Maiden-haire.

TAke of maiden-haire six ounces, of Liquoris one ounce, scraped and sliced: steep these twenty foure houres in foure pints of Conduit water, and then boile them to a quart, and then take two pound of clarified sugar, and boyl it with that liquor upon a gentle fire of Charcoles, till it come to a Sirup, scumming it very often, that it may be the clearer; for the clearer it is the better it is: and being boiled enough, put it up.

To mak sirup of Hysop.

TAke of Hysop one handfull, of Figs, Raisons, Dates, of each an ounce, of Callamint halfe a handfull, of French Barley one ounce: boyle these in three pints of water to a quart, and then strain it, and then clarifie it with the whites of two Egs, and two pound of sugar, and so boile them

them to a ſirup; and being boiled enough, keepe them all the yeare.

To keepe Cheries all the yeare, to have them at Chriſtmas.

TAke of the faireſt Cherries you can get, but be ſure that they bee not bruiſed, and take them, and rub them with a linnen cloath, and put them into a barrell of hay, and lay them in ranks, firſt laying hay in the bottome, and then cherries, and then hay again: and then ſtop them up cloſe, that no aire may com neer them, and lay them under a featherbed where one lyeth continually: for the warmer they are the better, yet neere no fire: and thus doing, you may have Cherries at any time of the yeare.

To make sirup of Mulberries.

TAke your Mulberries which are very ripe, presse out the juice from them thorow a linnen cloth between two sticks, and then to every pint of juice, take a pound of sugar, and boile it to the height of a sirup, and then keepe it all the yeare long: and if it wax any thing thinner, a moneth after you put it up; boile it againe, and then put it up.

To make sirup of Lemmons.

TAke your Lemmons, and cut them in halves, and betwixt your fingers juice them, and the liquor that runs from them will be very cleare: then take to a pint of juice, a pound and a quarterne of hard sugar, which is very white, and boile it to a sirup, and it will keepe excellent well.

To make ſirup of Roſes ſolutive.

TAke of Damaſk Roſes, and pull them, then take a gallon of water, and when the water is hot, put in a good many Damask roſe leaves, and take them out when they looke white, and doe ſo ten times, and then the water will looke red: & then, to every pint of that liquor, put a white of an Egge, and a pound of ſugar, & clarifie it, and boyle it to a ſirup, & keep it all the yeare. The thicker the ſirup is, the better it will keepe.

To make ſirup of dry Roſes.

TAke of red Roſes dryed foure ounces, and infuſe them in a quart of faire water upon hot embers till the Roſes have loſt their colour: then take a pound and a halfe of ſugar, and clarifie your liquor

quor and sugar with two Egges, and then boile it to the height of a sirup: but take heed in any case, that you set not your sirup upon too hot a fire: for then it will lose his colour, and be worth nothing.

A

A Medicine to give a woman in Travell, to make her have Throwes.

TAke corall, amber, date ſtones, Pearle, Piony ſeeds, Saffron, Commine: beat all theſe in powder, and put it into Malmeſie, and take Unicorns horne, and put it into a ſpoone with a little Malmeſie, and give it to her, and preſently let her drink a draught of the Malmeſie, with the powders aforeſaid, warming of it a little.

A Medicine for the falling down of the Matrice to the bearing place.

TAke Chickweed, and seethe it in an earthen pot: then lay of it upon a peece of scarlet, as hot as the party may suffer it: let her take it to the privy place, and as one plaister cooles, so lay another and use it.

Another for to be taken to the Navill, and to the back, right against the Navill, for the same.

TAke a red Onion, and rost it very tender: then take of Allysander seedes, & bruise them in a woodden dish, and mingle the Onion and the bruised seeds together, and lay it upon a peece of linnen cloth: so lay it to the Navill a little warme: rowle that on, and let it ly on twenty foure houres,

hours: then change it, and take a new one till it be whole.

It is good for the Mid-wife to hold Musk below (tyed in a little Lawn) to draw down the child.

Take Torch-wort, and lay a leafe of it to the crowne of a womans head warm, to stay other flowers.

A medicine for a woman after burden, if need be, to bring it downe.

TAke Sothern-wood, and wash it cleane and stampe it, and strain it in strong Ale, and give it her to drink warme.

To stop the whites in women.

FRy Hemlocke in fresh Swines greace: lay it as hot as she may suffer it, to the secret place.

For a Tetter.

TAke Oats and seeth them in water, and where the Tetter is, hold over the reek thereof, as hot as may be, laying a cloth over it, to keep in the reek, so that the cloth doe not touch the Tetter: use this five times, morning and evening.

To make a Sear-cloth for an Ach that is newly come.

TAke Boores grease, and champhire and wax, and boyle them altogether, and so make a Sear-cloth thereof, and lay it to the griefe.

For a Felon or a Handcome.

TAke Herb grace, rusty Bacon, sowre Leaven, and Snailes that be with shels on their backs, taking them out of their shels, and beat all these together, and lay it to the grief.

For

For to heale any, if they be scalded with hot liquor.

TAke Alehoof and Avens, sheepes suet and sheeps dung, and Goose dung, and when you have washed the hearbs, breake them altogether a little, and so fry them together, and then strain it, and make a plaister thereof, and lay it to the grief: warm it a little when you lay it to, laying new plasters to it twice a day: you may take the juice of Housleek, and sallee oile, and water, and beat them together, & wash the grief before you use this plaister.

A Medicine for the Whites.

TAke a quart of new milk of a red Cow, ten spoonfulls of Red rose water, a pomgranat pill beaten, and a little Cinamon beaten, and seeth it half away: sweten it with sugar, and drink a draught morning and evening, and two whites of Egs beaten.

A medicine for them that are given to bleeding.

MAke a posset, and take off the curd, and take Liverwort, and beat it, and put the juice thereof into the posset drink, and drink it morning and evening warm.

For the heat in the Kidnies.

TAke Housleek and Plantane, and not wash them, but wipe them with a cloth, and put to the juice thereof Red Rose water, and Wine-vinegar, and womans milke, and take the herbs and put them into clothes, and tye the clothes with thred like a couple of bals; and you must (when you doe use it) have one to doe it for you in the morning when you are in your bed: and the party must take the bals, and dip them in this liquor, and so bathe your Kidnies; and as soone

soone as one of the bals is hot with doing of them, take the other, and so use it an houre every morning.

A medicine for the stone.

TAke Pellitory of the wall, Smallage, Hollihockes, Mallowes, Tansie and Saxifrage, of each a handfull: chop them small and quilt them in a little linnen bag: then take three pints of cream, halfe a pint of Malmesie, a quarter of a pint of running water, and set them on the fire; and when it doth seeth, then put the bag of herbs into the pot, and when the bag is throughly hot, wring it between two trenchers over the pot to save the liquor: then lay the bag to the griefe as hot as you may suffer it; and as soone as it cooleth, make it hot again in the same liquor, and so apply it to the griefe.

For the Wormes.

TAke a handfull of Basill mints a handfull of Livender Cotton, as much of wormwood, Peach leaves as much, Featherfue a handfull, of unset leeks a handfull; boile them together in three spoonfulls of Wine vinegar, and of his own water as much, and quilt them in a bag, and so lay it warm betwen his Navill and his stomack.

To heale a sore breast that comes with the infection of the milk.

TAke Mallows and Saffron, and seeth them in milk, and when it hath sodden a good while, put in some crums of leaven bread, and boil them well together; and a little before you take it up, put some sallet oyle into it: you must let it boile till it comes to a Poultis, and so lay it warm to your brest: if you perceive that

that this will not help your breſt without it be broke, you muſt roſt a Lilly root, and lay it to your breſt where you will have it break; and when it is broken, you muſt tent it with leaven and milke ſodden thick together, and make a plaiſter thereof, and lay it to the place where it is broken: you muſt dreſſe it twice a day, laying the poultis all about your breſt, fitting the place that the plaiſter lyes on: you muſt dreſſe it both with new poultis and a new plaiſter twice every day, till it begin to heal, and then once a day is ſufficient.

To ſtanch bleeding at the Noſe.

TAke Bolerminack, and the white of an Egge, and Vinegar, and beat them together, and make plaiſters thereof, and lay them to your Temples.

To ſtanch the bleeding of a Wound.

TAke of unſet Hyſop, and bruiſe it a little, and take the powder of the bone that is to be found in a Capers head, and ſtrew the ſame powder on the Hyſop, and lay it to the wound.

Another for to ſtanch the bleeding of a wound.

TAke Hogs dung hot from the Hog with ſugar, & lay it to the wound.

For the weakneſſe in the back.

TAke Clary and Dates, and the pith of an Oxe, and put them together, & then put them to your cream, and Egges, and grated bread, and fry them together, and ſtrew ſugar on it, and eat it in the morning faſting, and you muſt put ſome white San-

Sanders in it also when you temper it together.

For the wormes.

TAke Mares milk, and drink it as hot as you can have it from the Mare, in the morning fasting.

To know whether a child hath the wormes or no.

TAke a peece of white Leather, and peck it full of holes with your knife, and rub it with worm-wood and spread hony on it, and strew the powder of Aloes sackatrina, and lay it on the Childs Navill when he goeth to bed, and if he have the Worms, the plaister will stick fast; and if he have them not, it will fall off.

For one that is bruised with a fall.

TAke stone pitch and beat it, and drink it with white wine or sack, or Malmesie; and if you have none, then take some other liquor: then melt Parmacity, and anoint the place where the bruise is.

For the wind Colick.

TAke Parsly seeds, and bruise them, and seeth them in sack, and drink it warme when you have your pain.

For the Gowt that is newly come.

TAke Rubarb, and grate it, and mingle it with Conserve of red Roses, and eat there of every morning fasting a pretty quantity.

A water to wash a Sore.

TAke of plantane, and wood-bine leaves, and white Roſes, and ſtill them together, and when the water is ſtilled, put a quantity of Camphire into it, and ſo let it lye in the water continually.

For the ſhrinking of the ſinewes.

TAke the Marrow of a horſe bone, and the crops of Elders, and as much of Sage, and chop them together, and boile them in the Marrow, and then ſtrain out the herbs, and put to the liquor one ſpoonfull of hony, two ſpoonfuls of Aqua compoſita, and a quantity of pepper, and boile it again, and keepe it for your uſe.

For the Pilat.

TAke the quantity of Ragwort, and a quantity of ground Ivie, and the

the marrow of the hinder leg of a Bullocke, and beat the marrow and the herbs together, and boyle them on a ſoft fire, and ſtrain them, and keepe it for your uſe.

A ſalve to take dead fleſh out of a ſore.

TAke a ſpoonfull of Vinegar, and a ſpoonfull of Hony, and a quantity of Verdigreace, and as much Allome, and boile all theſe together, and keepe it for your uſe.

For the ſtaying of the Flux.

TAke a new layd Eg, and take off a little of the top of it, and poure out a little of the white, and fill up the Eg with Aqua Compoſita, and ſtir it together, and roſt it, and ſup up the Eg in the morning faſting: till you be well uſe this.

Another for the same.

MAke Rice pottage with almond-milke: you must not blanch the Almonds, and make little bals of Virgin wax: make them lesse than Pease, and when you doe eat of the Pottage, take three or foure of the Bals, and put them in every spoonfull as you doe eat it.

For the Gowt.

TAke an earthen pot, and put into it a quart of Aqua Composita, and take two handfulls of Henbane, and break it, & put it into it, and set the pot in the earth all the moneth of May, and it will come to an Oyle; and at the end of May, you must take it up, and keepe it for your use: you must cover the pot very close when you set it in the ground; and when you anoint the griefe therewith you must doe it against the fire.

For

For the Piles.

TAke Myrtlemasse beefe, and dry it, and beat it to powder, and then put it into a chafingdish of coals, and set it in a chair, and sit over it.

For an Ague.

IF it be for a child, take two spoonfulls of good Ale, and seeth it, and scum it, and 1 spoonfull of the sirup of Roses, and let them drink it lukewarm; if for an old body, then take three spoonfulls of good Ale, and two spoonfulls of the sirup of Roses.

To make a fresh Cheese.

TAke a quantity of new Milk, and set it on the fire, and let it boyle; and take half a dozen yolks of Egs, and beat them, and stir them in the milk on the fire: then take it off the fire, and keepe it stirred till it be lukewarm,

warm, and then put Rennet into it, and ſtir it, and let it ſtand till it bee gathered together, and take up the Curd, and put into it Cinamon and Ginger, and ſtir it about and make diſhes of it, as you think good.

A medicine for a peſtilent Ague, or to drive any thing from the heart.

MAke a Poſſet with white wine, & take away the curd, and take horſe dung of a ſtone horſe, as hot as you can get it from the horſe, and ſtrain it with the Poſſet drink, and put a little Mithridate, and Cardus Benedictus water, and Unicornes horne; and if you have no Unicornes horne, then put Ivory or Sea horſe tooth, and give it to the ſick to drink faſting in the morning, warming it, and you muſt put the Unicornes horne into the ſpoone, and take it with ſome of the poſſet-drinke,

and

and so drink the Posset presently after it, & use this two or three mornings.

A medicine for the soreness in the throat that commeth with the Rhume.

TAke halfe a pint of Hony-suckle water, and two Jewes eares, of Plantane and Sickfield halfe a handfull, and a few Columbine leaves: these must be sod with as much white Sugar-Candy as will bring the liquor to a sirup: you must put in a little Howell, Cinamon, and so take it in the morning, and in the evening, and at such times as your throat is dry.

Another for the falling of the Evalew, or other paine in the throat.

TAke a handfull of red Sage, a spoonfull of Dil-seed, a peece of lea-

leaven : boyle these in a little new milk till it be thick. then lay it on foure fine clothes, and lay one cloth to the nape of the neck, and another to the throat, and to each temple one, and binde the clothes, and doe this as often as need shall require: for it hath been proved.

A salve for a green wound.

TAke a pound of Rosin, half a pound of Wax, foure ounces of old Swines grease: one ounce of Verdigrease : boile them all together upon a soft fire, and strain them.

A water to heale all sores in legs, and ulcers.

TAke a pound of Roch Allome, 4 ounces of green Coperas; beat them some what small, and put them in a pan on the fire, ever stirring them till they be molten and dryed again,

againe ready to be powdred, and beat them againe in fine powder, and keep them to your use. When you will make your water, set a pottle of faire Conduit water over the fire, till it boileth fast: then take it away, and as soon as it leaveth boiling, cast abroad your powder on the water, the which will make it to boil: as long as your water riseth, so long cast your powder in; and when it leaveth rising, and is black in the bottome, then it is perfect: then, if you see a dangerous sore leg, first cast your powder presently thereon, and lay therero three or four fold of linnen cloth wet in water, and roul it up, do so till the Ulcer be clean.

A very good water for a sore mouth.

TAke of Conduit water a pint, one handfull of Hysop, of white wine, and of Almonds a pound, of Roses three ounces; seeth them all together till

till the herbs be tender: then take it from the fire and strain it, and keepe it for your use; you must alwayes wash your mouth, and rub it after meat, and in the morning.

A Castle to breake any swelling that is ready to break.

TAke of Commine, of Hysop, and of quick lime a like quantity: bray them together in a Morter, till it be very fine: when you would open an Impostheme, lay it as big as an hasel Nut upon the next place, and bind it very hard, and let it remaine there 4 houres: then take it off, for it will make the place dead, and then you may let out the matter without grief to the patient.

A Caitus Plaister.

TAke of Litrege of gold powdred very fine, common oil, hogs grease

a pound, white Coperas foure ounces: put them altogether in a brazen pan, and seeth it over a very soft fire of coles, and try it continually untill it come to a body; and in the boyling you must cast into it one ounce of good Rose-water, or two, and now and then a spoonfull; and when it is come to a good body, take it off the fire, and stir it till it be cold, and ready to be made up in a rowl; and then make it up.

To make Populier.

TAke of Populier buds a pecke, of hogs grease foure pound: seeth them both together a quarter of an houre, and then take it off, and strain it; if it be too thin, put in a little wax.

Basilicon.

TAke Pitch, Rosin, Wax, Sheeps suet, common Oyle, a like quantity

tity : beat those small, and put them in a brazen Pan, and melt them all together : then take them off the fire, and strain them thorow a coorse linnen cloth, for the Pitch will not be molten : this is good for all manner of sores ; and when you will put in a Tent, mix it with the yolk of an Eg.

Maturacum Poultnies.

TAke Onions, Garlick, Dow, Lilly roots a like quantity : roast them all in a wet cloth under ashes, and then put them in a Morter, and beat them small : that is good for all Impostumes to break them out.

A meaicine to heal old sores.

TAke Plantane, Bramble tops, Orpin, Bettony, Egremony, of each a handfull : strain them and put thereto Rosin and Wax, of each a quarter of a pound ; fresh Hogges grease and sheeps suet, of each foure ounces:

ounces: boile them all together till the juice be confirmed: then strain it, and keepe it to raise flesh, and heale old sores.

Aplaister to heale old sores after they be made cleane, and filled with flesh.

TAke sallet oyle halfe a pint, Lead a quarter of a pound: boil these till they be black, and keep them for your use.

To cleane a sore, and take away the dead flesh.

TAke Woodbine flowers, white Roses, Plantane, and still them together; and when it is stilled, take six penniworth of Camphire, and put it into a quart of the water and set it in the sunne for ten or twelve daies, and so wash the sore with all.

A Medicine for a ſore throat.

TAke a pint of milk, halfe a handfull of Collumbine leaves, half a handfull of Gaſell, and halfe a ſcore leaves of ſink field, two Jewes eares, and ſo the party muſt uſe evening and morning, and gargaſe it in his throat.

A Medicine that will heale any wound or ſore, and keepe it without proud fleſh, or dead fleſh.

TAke half a pound of wax, a quarter of a pound of ſheeps ſuet, a quarter of a pound of roſin, and a quarter of a pound of Turpentine, half a pint of ſallet oile, two handfuls of Bugle which growes in the Wood, a handfull of Smallage, a handfull of Mallowes, a handfull of Valerin, a handfull of Grunſell, and a handfull of Balme: ſtamp and ſtraine the herbs,

herbs, and put the juice into the foresaid things, being a while boiled: then seeth them together a quarter of an houre: then take it from the fire, and let it stand till it be cold: then take away the smallage from the bottome: then take some of your Balme-water, and put into it so much as will make it greene, and let it boile together half a quarter of an hour, and so take it to your use.

A Glister.

TAke Camomile, Bettony, Dill, Pellitory of the wall, Hysop, Rue, of each a handfull: boile these in the broth of a sheeps head, till the broth bee very slippery: then take a pint of the broth strained, and put two of the Pils of Drabes, of each a crowne weight and a halfe; Diacatholice, Diaphenicon, of each halfe an ounce: Oyle of Camomile, Oyle of Dill, of each an ounce, a little

little salt, and a glister: if you will have it breake wind, put into the foresaid Commine-seede, Fennel-seede, Anni-seede, of each bruised two good handfulls, and boyle all together, and strain it, and make it as aforesaid, and put in the glister.

To take away the heate of a burn, or out of a scalde.

TAke Egs, and roste them as hard as a stone: then take out the yolks of them: then take a frying pan, and put in the yolkes of the hard Egs, and so let it fry till it come to an Oyle: then streyne it, and annoynt the burn withall: then take a bladder, and annoynt it with Sallet-oyle, and lay it to the burne.

To make another Glister.

TAke running water, two handfuls of Carmon, a handfull of Mallowes, a handfull of Worme-wood, a

handfull of Mercury, an ounce of commine, two ounces of Fennel seeds, two ounces of Anniseeds: beate all your seedes, and set your herbs a boyling, and straine them.

A Medicine for one that is broken.

TAke a quantity of Comfrey, a quantity of Knehome, a quantitie of knotted grasse, a quantity of Riberuorum, and a quantity of Polipody: stamp them all together, and straine them in Ale, and then give the Patient the same to drinke cold, and trusse him up with some bolster, and let his diet bee but competent, eschuing all slippery meates, as Butter, and such like: provided alwaies, that the Patient keepe his bed sixe or seven dayes, lying upon his back, and sometimes hold his Belly with his hand.

To make a Poultis for a Swelling.

TAke the crum of Manchet, and seeth it in Milke till it bee thick: then put in a peece of new Butter about the quantity of a Walnut, or somwhat more.

For the Rheume.

TAke a little quantity of Mastick, and as much Pellitory of Spayn, cut in small peeces: sew them in a little bag of linnen cloth: keepe the bag in your mouth till the Pellitory and the Mastick be consumed, and spet in the meane time as much as you can.

For the Tooth-ache and the Rheume.

TAke a quantity of Gum of Ivie: put it in a little bag of linnen: then wet your bag in Aqua-vitæ or Vinegar, and keep it in your mouth till the Gum of Ivie be consumed: hold the

bagge over or upon the hollow tooth.

A Water for the Eyes.

TAke a pinte of white-Wine: then heat a stone called lapis Calaminaris, red hot, nine or ten times in the fire, and quench it every time in the Wine: the last time you quench your stone; stirre it about in the Wine: then keep your water in a cleane glasse, and let it stand, use to put it in your Eye one drop or two, morning and evening.

For the Eyes.

TAke Rosemary, Housleek, red-Fennel, and roast an Egge, and take out the yolke: beate these herbs together and strayne them.

For the Paine in the Head.

TAke of the best Sallet-oyl you can get, and the flowres of wilde prim-

roses,

roſes, and put them into the oyle, and then ſet it on the fire, and let it boyle halfe an houre very ſoftly: then put it in a glaſſe, and ſet it in the Sun three weekes, and then rub your Temples evening and morning. E. C.

A Gargas for to purge the head.

TAke a pinte and a halfe of Wine-vinegar, Muſtard-ſeeds, Ginger, Cloves, Nutmegs, Pellitory-roots, about the quantity of one ounce: when they are beaten, put it into the liquor, and ſtirre them together for the ſpace of a weeke: then Gargaſſe it every Morning before you uſe the oyle to your head.

For a Pin and a Web.

TAke the oyle compacted of the bone of a Gooſes wing, and rub it in the palme of your hand, that no ſhivers of the bone doe ſtick in it, and

put it in with the point of a pin: for the bignesse of a pins head is enough at once.

For a Swelling.

TAke Barrows-greaſe, and Sothern-wood, and Aqua-vitæ, and boyle it together; and when you have boyled it, ſtrayne it in a pan.

For a bone-ache.

TAke two or three handfulls of Camomile, a quarter of a pound of ſheepe-ſuet chopt ſmall, and a peece of ſtone-pitch of the quantity of a walnut, and a peece of leavened bread in it crumbled very ſmall: boyle it in your owne water, till it be very thick, that you may ſpread it upon a cloath like a plaiſter, and lay it on the place where the ache is for foure and twenty houres, and ſo dreſſe it three times: if you doe, it will take away the ache.

A Medicine to heale an old Sore or a new.

TAke a quarter of a pound of Rosin, and melt it in a pan till it have left cracking, and then take halfe as much Wax, and a little Turpentine and sheepes suet chopt small, and a spoonefull of oyl Olive, and boil them altogether, and when you have done so, strain them in a payle of water, and make it up even as you will occupy it, and draw your plaisters thin, and dresse it three times a day, that is to say, at morning, noone, and evening, till it be almost whole: then dresse it but twice a day, morning and evening; but if there bee any core that hinders the healing of it, take a little Mercury, and put it in two spoonfuls of water; and when the Mercury is melted in the water, and congealed together, take a feather, and drop in two or three drops, and lay a plaister upon the wound, & it will bring forth the core.

For an Andcome.

TAke halfe a dozen knots of a young Oake, and put them in a fine pan, and burne them to a red coale, and take Boares greaſe, and fine ſuet, and two or three cornes of Salt, and ſtampe them very fine, and ſo make a plaiſter of it, and if it doe drawe and heale too faſt, lay line underneath the ſalve: you muſt dreſſe it twice in the winter dayes, and thrice in the Summer dayes.

The copy of D Stephens water.

TAke a gallon of the beſt Gaſcoyne wine: then take Ginger, Gallingale, Cinamon, Nutmegs, Graines, Gloves, Anniſeedes, Fennell ſeedes, Carroway ſeedes, of each of them a dram weight: then take wilde Time, Hyſop, Lavender, Sage, Mints, red Roſes, Garden Time, Pellitory of the wall, and Roſemary, of each of them

them one good handfull, and bray the herbs very ſmall, and ſtampe the ſpices all together very ſmall: put all together into the Wine, and cloſe it faſt twelve houres, and ſtirre it divers times: then ſtill it in a Limbeck, and keepe the firſt water, for it is the beſt: and then keepe the ſecond, for it is good, but not ſo good as the firſt. E. C.

A dramme weight of the ſeede of Collumbine, bruiſed with halfe a peny weight of ſaffron drunken with Wine, is good for the Janders: then goe to bed and provoke ſweat: the flowers diſtilled are good for the ſame purpoſe, and againſt ſwownings.

Pimpinell.

THis Herbe is good againſt the Peſtilence, to bee taken faſting in a Morning, and good againſt the ſtone: the rootes ſodden, condited in ſugar,

may profit them that have cold ſtomacks, and are troubled with too much fleame, the chollick and ſtone: this roote any way taken, is good againſt poyſon.

Mouſeare, is hot and dry, ſome uſe to give the juice of this common Mouſeare, to hinder the cold of a quartan Ague; ſome uſe to gather the roots in May, and dry it, and give it to them that are broken: it is good for the bloody Flix, the great ſcowring of the mother, for wormes both outward and inward, common Flixes, for vomiting of choller, ſpetting of blood and burſting, and ſpecially for breaking of the brain-pan.

The juice of Coſtemary drunken killeth both ſmall and great Wormes in the belly; it is good for a cold Mother; it ſtrengthens the ſtomack, whether it be drunken or laid to, and ſtayeth vomiting; the herb of this nature, whether it be ſtrewed, or elſe perfume

made

made thereof, drives away Serpents and is good against their poysons and it helpeth and strengtheneth the head.

To take out the heate of a burne.

TAke the fat of Hogs guts and sheeps trittles, and boyle them, and put them in a pot; this will heale the party, and take out the fire, and will keepe good a whole yeare: this hath beene proved.

To take the heate out of the Face.

TAke running water and Elder-flowers, Plantane, white Daysie-rootes, and herb Roberts put them in the running water, and wash your face morning and evening therewith.

A Medicine for a Canker in ones Mouth. proved

TAke running water, a handfull of Wood binde leaves, a handfull of Bramble leaves, a handfull of Columbine leaves, a little Rosemary, and boyle them together till halfe the water be wasted: then put in two or three spoonfuls of honey, a peece of Roch Allome, three or foure spoonefuls of wine vinegar, and wash your mouth with the sodden herbs thereof three or foure times every day.

The Diet Drinke.

FIrst buy a dyet pot of the common sort, such a one as will cost eight pence or ten pence: then put into it halfe a pound of Liquorice scraped and bruised, halfe a pound of Anniseeds bruised, three quarters of a pound of Lignum vitæ bought at the Turners, and one ounce of the barke of

of the ſame wood, which is to bee bought at the Apothecaries, halfe a pound of Raiſins of the Sunne, the ſtones take out, a good handfull of Scabias, an ounce of Chiny, two ounces of Solyprilla, a quantity of white wine: then fill up your pot with fair water, ſaving a pinte: then cover your pot with his cover, and cloſe it round about the brim with paſte: then ſet it on a ſoft fire with coales, and let it boyle three houres, till the fourth part be waſted: then put the cleareſt into bottles, and drinke morning and evening a good draught, and ſo doe fourteene or fifteene dayes.

If you put a little of the wood into the fire, and there fry out of it like byle then you ſhall be ſure it is good.

For

For the Head-ache.

TAke two handfulls of Vervine, Betony, Camomile rootes, Lettuce, Checmete, of each sort two handfulls, dried Roses; put them to powder of Nutmegs, boyle this in white wine; then take out the herbs and fry them in Oyle-olive, and strayne them in a cloth, and make an oyntment thereof, and therewith anoint the head.

To make the Rheume-medicine.

TAke five quarts of Hysop water: it must bee stilled when the Hysop beareth flowers; and one pound of English Liquorice cleane scraped, and cut in little peeces; bruise them, and then put it to the water, and boil them till halfe bee consumed away: then strayne it in shallow pans, and set it in the Sunne, and stirre it now and then, and sometimes set it over the fire till you see it wax black, but doe not boyle

boyle it, and it will waxe ſtiffe with ſtanding in the Sunne, that you may make it in little cakes.

A ſalve for a Cut.

TAke ſixe ounces of Deeres ſuet, foure ounces of Wax, foure ounces of Roſine; ſtampe and ſtrain Valerian and take the juice as much as you thinke will make the ſalve look green, and boyle them together till it come to a ſalve.

A medicine for the ſtopping of the Liver, very good for them that have the Jaunders.

TAke Parſly rootes, Fennell-roots, Aſperigon-rootes, kneeham-roots, Succory-rootes, of each the weight of halfe a crowne in ſilver, of dock roots, the weight of twelve pence, a little Liquorice, halfe a handfull of Raiſins of the Sun ſtoned: boyle this in three pintes

pints of water to a quart, and make Almond milke with the liquor, and take two parts of sweete Almonds, and one part of bitter: sweeten it with sugar, or else with syrop of Succory, and drinke a draught three mornings together, fasting three houres after it, use this every moneth; you may put in Barly husked, and Saxifrage, Maiden-hayre and Liverword.

For the Wormes.

THE powder of Coralina, to the weight of three pence in silver, given in the water of Couch-grasse.

A Medicine for a quartan or a tertian Ague.

TAke the Herbes and rootes called Harts-horne, Plantan and Orpin, & beat them with a little white wine and a little bay salt, and so lay it on a cloth upon your wrist, but bee sure it lye on the places on both armes, changing

ging it every foure and twenty houres be ſure alſo, that you lay it two houres before the fit commeth, and hang nine rootes of the Harts-horn about your neck in a ſilke bag, ſo that it may lye upon the hollow of your ſtomack, and let it hang till your Ague bee gone. You muſt not waſh neither herbs nor roots; and you may take the rootes when you cannot get the herbes, and uſe them ſo.

For the Canker in the mouth, or rawneſſe, or in the lower part of the Woe.

TAke red Fennell, red ſage, Hyſop, Herbe grace, Roſemary, Honyſuckle leaves, Fetherfue, and Daiſie leaves, of each a little quantity, in all two handfuls; boyle theſe in a quart of running water to a pinte; ſtrayn it and let it ſtand untill it be cleare, and put therein a ſpoonefull of Engliſh Hony, and as much Roche-Allome bea-

beaten, as the bigneſſe of a Bean, and boile it together: you muſt take off the ſcum as it doth ariſe when it is boyled; put it into a glaſſe, and keepe it for your uſe; you muſt warme it when you take it.

A good Medicine for an Andicome, or a botch, or a ſore breaſt, or Carbuncle, to ripe or breake them.

TAke a quantity of herb Grace, a quantity of leavened bread well crummed, halfe a ſpoonefull of Sallet oyle or Capons greaſe; boyle theſe in good Ale grounds, and keepe it with ſtirring till it be thick; and when you uſe it, lay it upon a cloth warm to the griefe. This Medicine will diſſolve a breaſt without breaking it, unleſſe it neede breaking: you muſt change it every day once.

A good salve to heale it when it is broken.

TAke a quantity of Boars-grease, of Wax and Rosin, of each a like quantity; you must scrape the Waxe, and beate the Rosin, and boyle them togeather till they be melted; then take Lapis Calaminaris and Roch Allom, as much as a Beane of each, and beate them togeather; then take a spoonefull of English hony, and put them togeather, and boyle them againe, and when it is well boyled, powre it into cold water, and make it up in rowles, and keepe it for your use.

A Medicine for a Bruise.

TAke a quantity of stone-pitch, as much gray sope, and beate the pitch finely to powder, and boyle them togeather with stirring till it bee boyled: then take it off the fire, and let

let it coole, and then spread it upon a cloth, and lay it to the griefe: it must not be thorow cold, for then it wil not spread: and if one doe not heale it, then lay on another cloth spread with the same.

An oyntment for an Ague-sore, or other sores, and for swellings.

Take a Bryonie roote, and cut off the out-sides thin: some do call it wild vine, slice it, and lay it all night in a pinte of sallet-oyle, and then boyle it, straine it, and keepe it for your use: for this is good to annoynt any Ague-sore, or any other swelling. Then take halfe a pinte of sal.oyle, and as much red-lead as you can buy for twopence, and boyl them together, & keep it stiring till it look black: then take as many cloathes as you think will drink up the oyle and the lead, and then cooke it, and keep it for your use.

This Oyle and Lead is good for Ague-

Ague ſores and other ſores. Remember to annoint the ſores with the ointment aforeſaid firſt, and then lay on the Sear cloth, doing this twice a day till the ſore be whole. And for ſwelling, you muſt uſe the Bryome rootes and the Oyle only, without the Oyle and Lead.

An approved good Medicine for the Tooth-ache.

TAke Roſe water, either Red or Damaske; take yellow wax a quantitie, and freſh butter, of eyther an equall quantity, and mingle them together in a diſh upon the coles, and then take a linnen cloth, and dip it therein, and lay it to that ſide of your jawe where you are grieved, as hot as you can ſuffer it; he hotter, the better.

A Medicine for the bloody-Flix.

TAke two toſtes of cheat bread, and roſte them; and two Egges, and roſte

roste them hard, and take the yolkes of them, and the liver of a Chick, and beat all this together small: then put all this into a pinte of Charn-milke: then take halfe an ounce of Cinamon: beate it smal, & put it in the medicine and then take of it evening and morning fasting, for so it most avayleth you: but if your stomack bee weake, then put in some sugar to sweeten it.

For the Pin or Web in the Eye.

TAke the juice of parsly, and halfe as much Hony, and with a feather drop it in the Eye, and after it you must put in some powder of white sugar-candy: you must dresse it thus very often.

For to take the Ague out of any place where it doth fall.

TAke Succory, a pretty quantity of it, and mingle it with some Boares grease;

greaſe; and ſpread upon the cloth, and warme it againſt the fire, and lay it to the place.

A Medicine for a green-Wound.

TAke a quantity of Venice Turpentine, and waſh it in faire water till it be white, then take a plaiſter thereof, and lay it to the wound till it bee drawne: then take the yolke of a new laid Eg, and add thereto a ſmall quantity of fine wheate flower, and a little freſh butter, and mingle them together, and lay a plaiſter thereof unto the wound after it is drawne with the turpentine.

Another Medicine to be taken inwardly for a green wound, to be taken in Ale or beere: it is likewiſe good for the ſhutting of a bone broken or cut, either for Man or Beaſt.

TAke juice of an Herbe called Bonwort, to the quantity of 3 or foure ſpoon-

ſpoonfuls or more, according to the ſtomack of the party that is hurt take the ſame quantity and drinke it eyther in the milke, or as before is written, three or foure ſeverall mornings faſting, or oftner if you will, and it will free the party; when the herbe is not to be gotten, then you may uſe the roote, and it will availe as much.

If the wound be but little, either this drinke, or the medicine before written will help it: but if it be great, you muſt uſe both together.

For to heale Wounds and Sores.

TAke Roſin and Frankincenſe, of each foure ounces, of white Wax and Olibanum, of each three ounces; of Harts ſuet, of Maſtick, of each an ounce; Venice Turpentine halfe an ounce; white-Wine a pinte; melt the Roſin, the Frankincenſe, and the Harts ſuet together; then ſtrayne it in a pan, and put thereto all the white Wax,

Wax, the Olibinum, and the Mastick made into powder, and the white wine: boyle all together till the wine be consumed: then take it from the fire and stir it till it be almost cold: then put in the Turpentine, and make it in a rowle, and keep it in Parchment or Leather.

Another.

TAke Calamint, Penyryall, of each a like quantity, Nigella-romana-seed a little bruised, a French crowns weight: boyle all these in posset-drink made of white Wine and Ale; a good draught evening and morning you must drinke.

A medicine for the head-burning that long time hath been.

TAke a quantity of the Gaule of a Hare, and as much Hony: mingle it together a good while, till it turne red, and with it anoint the fore-head,

and all the aking shall be taken away: that is a precious oyntment.

For to set a bone, or heal a broken bone in Man or Beast.

TAke the juice of Comfrey roots, and wild Daisie roots, and boile them with Turpentine and yel low wax, and make a flat plaister thereof, and lay it to the griefe, and set splinters about it, and rowle it to keep it stiffe, once in five dayes, untill it be whole: you must drink the juice of the roots nine dayes in some liquor, either to man or beast, when you use the plaister.

For the Piles.

TAke new milke, and thicken it with Oat-meale finely sifted thorow a sieve, and let it seethe til you make it up like Suppositaries: then take it up, and cut off the outside of a Race of Ginger, and grate it, and min

mingle it together, and some of it make into a plaister, and the rest make like Suppositaries, and put them up as you doe Suppositaries: then lay a plaister on the place, and use this till you be whole.

A medicine for a Rupture in old or young.

TAke Knotwort, Ribwort and Comfry, of each a like quantity; wash them, and dry them, and set them in the oven when the bread is drawn that so they may be dry: then beat them to powder; then searce them finely thorow a searce or sieve; and looke what quantity you take of the herbs when they be dryed, take halfe so much Anniseeds, and beate them with the powder of the herbs, and searce them: and thus having made the powder ready, when you will use it, take as much of the powder as you can lay, or take upon a good broad sixpence, and fourteene mornings together give it

to the party to drink with a little Malmsie, fasting, and anoint the place with oyle of spike mingled with any other thing: and also take such herbs as you make your powder of, and seethe them in faire running water untill they be tender, wringing the water out of them, and apply them to the place as hot as the party can suffer it, and let not the trusse be too strait, lest it force the place to rent further. Take the herbs to make the powder within May, when the chiefe strength is in them: the knotwort bears a little watchet flower. This hath beene proved on children so borne, and on old folkes that have been foure and twenty yeares broken, and and doth helpe all sorts, that with good usage do not abuse themselves, through the grace of God.

A Medicine to be vsed during all the time of the Plague; good against Infection.

TAke a pint of white wine vinegar and halfe a pint of Jene Trekle, and a quantity of Bole armoniacke, otherwise called Bolles verus, and ſtirre all theſe together, and take three ſpoonfulls in the morning faſting, and faſt an houre after it, and take three ſpoonfulls an houre after ſupper.

Another Medicine for pain in the head.

SEeth leaves of Agrimony with Honey, and give them to drink, draw it thorow a cloth and keep it in a box, and therewith anoint your head, and waſh your head in the water that Celandine is ſodden in.

For the aking of the head.

SEeth Pulioll in Ayſill, and then put it in thy noſe. Take Rue and Fennell, and ſeethe them together in water, and waſh therewith the head.

For a fellon of the head, that ſwelleth the head of a man: and that before written is for the ſame.

TAke the greaſe of an Hart, and Hony, and Barly meale, and Oterreſt, & Moycell, & ſtamp them together, and after ſhave thy head, then make a plaiſter, and lay it to thy head as hot as you may ſuffer it, and let it ly till it be whol.

For all Evills of the head.

TAke Rue and ſtamp it with ſtrong Ayſill; mingle it, and waſh the head therewith.

Fe

For the Carbuncle or the Posthume in the head.

TAke Wormwood, Origanum, Mayron by even portion, and seeth them in sweet wine, and after that wring out the juice, and lay it to the ears of the sick with 2 sponges, as hot as he may suffer it; use this two or three times, and he shall be whole.

For the Megrim, Postume, dropsie, Fever, and all manner of akings in the head.

TAke a penny weight of the root of Pellitory of Spaine, six peny weight of Spicardy, and grinde them together, and seeth them in good Vinegar, and take a Saucer full of Hony, and five of Mustard; and when the liquor that is boyled, is cold, put thereto the Hony and the Mustard, and stirre them well together, and let the sick use thereof

halfe a ſpoonfull at once, and hold it ſtill in his mouth the ſpace of two creeds ſaying, and then ſpet it out into a veſſel, and doe ſo ten or twelve times, a good while after hee hath eaten at noone, and a little before even, ten or twelve times: and when he goes to bed, take and waſh cleane his mouth, and drinke a draught, and goe to bed: uſe the medicine three dayes and he ſhall be whole.

For the Head ache.

TAke and ſeethe Vervine and Betony, Siſſes, and Wormwood; waſh the parties head with the water thrice in the week, and take the herbs, and make a plaiſter, and lay it upon the upper part of the head on this wiſe.

Take the herbs aforeſaid when they are well ſodden, and wring out the juice of them, and then ſtamp them in a morter, & temper them with the water wherwith they were ſodden, & put

put thereto the bran of wheat: for to hold the juice of the herbs, that it goe not out, and make a garland of linnen that may goe about the head, and bind the plaister under it as hot as the sick may suffer it: doe this three times, and he shall be whole.

Another.

CLoves comfort the stomack, liver and heart, they help disgestion, and stop the belly: they quicken the eyesight, and scower away the clouds and hawes of the eyes: they are good against all cold diseases, and they are hot in the third degree. The oyle of cloves is very good for a cold stomack, and for any other place that hath need of warming, as a rhumatick braine.

Another.

TAke of litrage of lead foure ounces; of Vinegar, common oyle, a

like quantity: put the liuage in a mortar, and put a little of the vinegar, and a little of the oyle, and beat them together, and so put in by a little and a little all your oyle and vinegar: you must beat them two houres together; it must be as thick as your green salve.

Another.

TAke Camphory, hearts-ease, Privitæ, Plantane, of each of them a handfull; bruise these in a Morter, and put thereto Hertes suet fine Sallet oyle, of each dim. li. mingle them well together, and let them stand foure and twenty houres; then put them into a pan or brasse pot, and put thereto Wax and Rosin broken in small peeces, of each dim. lib. let these boile all together over a fire of coales, till the juice of the herbs be consumed: and the oyntment greene: then strain it thorow a canvase cloth into some pot that you will keep it in; and when it begins to be cold, then put thereto foure

foure ounces of Venice turpentine: ſtir all together untill it be thorow cold, and keepe it cloſe covered.

Another.

THE Wine of Eye bright is made for the eyes, by puting the herbs into the Muſt till it be perfect Wine whoſe uſe make the eyes of old men looke young; for it is hot and dry; and the powder of it beaten with the yolke of an egge, worketh the ſame effect: the powder received in Wine, if the Wine be too ſtrong, put in Fenell water or Sugar.

A medicine againſt the ſtone in the back or bladder, or for the weakneſſe of the back, which is called the running of the reines.

TAke Venice turpentine, and waſh it in Roſe water, either red or damaske, untill it looke white: then divide it into ſmall bals, as you may eaſily

easily swallow to the full quantity of three hasell-nuts or there about: then roule them in sugar, to make them the more easie to be taken: then swallow them in the morning fasting, and fast foure hours after them: take these three or foure severall mornings together, and in your water you shall finde much gravell.

To take away the pock-holes, or any spot in the face.

TAke white Rose-water, and wet a fine cloth therein, and set it all night to freeze, and then lay it upon your face till it be dry: also take three poppies, the reddest you can get, and quarter them, taking out the garbage: then still them in a quart of new milk of a red cow, and with the water thereof wash your face.

To make Snow.

TAke the whites of five or ſix egs, a handfull of fine Sugar, and as much Roſewater, and put them in a pottle of cream of the thickeſt you can get: beat them all together: as the Snow riſeth take it off with a ſpoone: you muſt beat it with a ſtick cloven in foure: then muſt you take a loafe of bread, and cut away the cruſt, and ſet it upright in a platter: then ſet a faire Roſemary branch in the loafe, and caſt your Snow upon it with a ſpoon.

A medicine for the Pilot.

TAke the hearb called Torchwoort it groweth high, bearing a yellow flower, blowing out of the ſtalke, the leaves locke hoare. Take the juice and boyle it with freſh butter a little while, and keepe it cloſe, and uſe it evening

vening and morning if a Cows udder be stung or bit with a Snak or such like, take Lavender and wash it cleane and seethe it in chamber lye a good while, and wash it evening and morning warm: you may put a little fresh butter in it, and milke out the milke when you do it.

A medicine for a cold, or a burne, or a sore, approved.

TAke Watersuck leaves, otherwise called Hogwort leaves, Allyhouse, Daysie roots, leaves and all, and a little Rosemary; wash them, stamp them, and boyle them in cream till it is butter: then strain them, and apply it warm to the burn: prick the watersuck leaves, and lay them upon it, dressing it twice a day, or three times, if need be. To heale a sore put Turpentine, Rosin, and Wax in it, dressing it with Lint

For the ſtitch.

TAke Stitchwort, Bay leaves, Holly without prickles, of each a like quantity, the juice, graines beaten, drinke it in Ale warme.

For the ſwelling.

TAke the grounds of good Ale Glovers ſhreds, and white bread crums and Sage: boyle them, lay it to warme: it will aſwage the ſwelling and the ache: it hath been proved.

For the Tooth ache.

TAke Organy that groweth cloſe to the ground, and taſteth like Aqua vitæ; bruiſe it, lay it to the tooth; burſa paſtoris will doe the like.

For a Bite, or Felon, or sore leg.

SEeth a pinte of Ale to two spoonfulls, like a sirup: prick a peece of leather with a pin: it will heale it without breaking; if it be broken, take lint to the hole with some salve; let it ly foure and twenty houres, lay it to cold.

For the Scratches of a horse leg.

TAke Vinegar, Mustar seed, Gunpowder, boyle them: wash it hot three or foure times; proved.

For the Gowt.

TAke Mallowes and Sengreen: beat them, and boyle them in water: then strain them, put Oatmeal groats soked in Vinegar, and sheeps suet untried: then boyle it to a poultis; proved.

For

For the Ague.

TAke a red Onion cut ſmall, ſix and fifty graines of Pepper beaten ſmall; binde it to the wriſt halfe an houre before the fit; proved.

For the Gowt.

TAke a fat whelp of a Hound: ſcald it like a Pig: garbage it in the ſide: then take red Nettles ſtamped with two ounces of Brimſtone, foure ounces of Turpentine, foure yolks of egges; ſtuffe the belly, and ſew it up: roſte it with a ſoft fire; ſave the driping, anoint the place; it is good for the ſinewes and crampe; it will drive it away; for the like effect, Oyle, Nettles, white-wine, boyle them, apply them hot.

For the Sciatica.

TAke the gall of a Bull, a quart of wort; boyle it to a pint; then put in

in a pint of Vinegar, Frankincense, one ounce in powder, of Hony halfe a pound, of Commin half a pound in powder, boyle it thick: spread it on leather, lay it too hot two or three dayes; lay a linnen cloth betwene the skin and the plaister; the plaister will serve many times; proved.

For the Tooth Ach.

ALlom as big as a Wallnut, Garlick an handfull: twenty Beanes, an handfull of Bay salt, Pepper; beat it together; lay it to the wrist twenty foure houres, or more.

For to stop the bleeding of a wound.

THE wooll of an Inkhorn, Sanguis draconis, & Bollarmoniack, and the whites of egges laid on, too.

For

For a consumption either for old folks, young folks, or children.

TAke Longwort, Liverwort, Harts tongue, of each a handfull, red Mints, red Sage, Mother of Time, of each a handfull, Parsly and Fennell roots, the piths out of each, halfe a handfull, Liquorice an ounce, Anniseeds an ounce, Sceny two ounces, Turbet an ounce, Capdates two ounces, Cinamon an ounce, Nutmegs two ounces, white Sugarcandy foure ounces, Rubarb an ounce sliced: stampe your spices, and your seeds, and beat your other Apothecary stuffe, and shred your hearbs fine: boyle it in three quarts of Rennish-wine to a pottle; strain it; drinke foure times a day a quarter of a pint at a draught warm; put in a peniworth of Aqua vitæ, and as much Saffron beaten fine: after it is boyled, if the Patient be laxative, leave out your Rubarb, Sceeny, and Turbet, and

boyl

boyle it in wort; it is best in wort for childern; for aged folks that be weak, boyl in the stone of a bore or a Ram, or a horse, is best, one stone is enough for one time; you may take one to purge, and another not to purge; the second receit is enough; purge first.

To make one make water.

TAke the stones and kernils of Peaches and Medlers; beat them fine; sift them thorow a searce; put in Sugar, drink it in white wine.

To make a Sear cloth.

TAke a pound of Stonepitch, as much Rosin as a great Walnut, and twice as much cleane wax, a spoonfull of fresh swines grease: boyle all together till it be well mixt, then coole it in water; then oyle your hands with Hogs grease, and labour it in your hands an houre and more till it will cleave to your hands.

For

For the fame, and the beſt for all manner of Aches.

TAke Roſin dim, lib, of Perroſon a quarter of a pound, aſmuch Gum maſtick, a quarter of a pound of Deer ſuet, two ounces of Turpentine, one ounce of Cloves and Mace, of Safforn two ounces, the liquor muſt be oyle of Roſes.

A ſovereign Medicine for a great Ache.

TAke Sparmacity eight peniworth, of Oyle two d. of black Sope halfe a pound, of butter without Salt as much as a great walnut; boile it on a chafindiſh of coals half an hour, ſtirring it well from the bottome ſpread it on leather, as broad and as long as your griefe; lay it to foure or five dayes.

To make a good Oyntment or Salve for any sore.

TAke a good handfull of sage, as much of Plantane, as much of Brounwort, as much of hony suckles, as much of Tursame, as much Valerion: boyle all these in May butter till it be brown; then strain it, and put in a quantity of Virgin wax; then boile it again.

A good Receipt for all manner of sores, old or new, named The gift of God, praise be to him.

TAke Betony, Vervin, Pimpernel, Bugle, Smallage, Plantane, Scabeas water, Agrimony of each a like; stampe them together; boyle them together in a gallon of white wine to the third part; then straine them, and put to them a quantity of sheeps suet, and halfe a pound of Wax, dim. lib. of Rosin. dim. lib. of pitch, one

one lib. of Olibinum, and boyle it again.

For Bags in the fundament.

TAke the yolke of an hard Egge roasted, the oyle of Roses, and Marigold leaves: beat it together, lay it too hot.

To kill a Tetter.

TAke green broome: boyle it in a quart of running water half away: bathe it with it.

For the Pestilence.

TAke the water of Betony, and Pimpernell, Turmentill, or Scabeas; mix it together, drinke it nine dayes fasting, and feare no Pestilence.

For

For one that is taken within the body, or any place.

TAke Roſe cakes, Aqua vitæ, and Roſe water, heat it on a chafin-diſh of coales; lay it to the ſtomacke; they ſhall mend by Gods grace.

For the Ague or Cold.

TAke green Alder ſtickes; take the inner rinde, a handfull, beat them, drink it in Ale faſting, faſt three houres, walking after it; then eat a Caudell.

Another for the Ague.

TAke a ſpoonfull of juice of Orenges, as much Aqua vitæ, mingle it with a yolk of a new laid egge in the ſhell, ſup it up faſting once or twice.

K. Henry the eight his perfume.

TAke ſix ſpoonfuls of compound water, as much of Roſe-water, a quarter

quarter of an ounce of fine Sugar, two graines of Musk, two graines of Amber-greece, two of Civet: boyle it softly together: all the house will smell of Cloves.

For the Strangurion.

TAke Horehound one handfull and a halfe, red wine halfe a pint, oil-olive five sponfulls: boile it together, put it in a linnen cloth to the small of the backe, as hot as may be,

To clense a wound.

TAke Beere, Wheat, stone flower, and Hony: boyle it thick: apply it to.

For the Gowt.

TAke Worme-wood, Wall-wort Wheaten bran, Cow-dung, and salt, boyle it in vinegar: plaster it to the griefe.

For a bruise.

TAke halfe a pint of Sallet-oyle, as much oyle of Roses, as much Aqua-

vitæ ; and three or foureſcore ſnailes that beare ſhels, ſtamp them ſmall, and boyle them to oyle.

To keepe one Laxative.

TAke a new laide Egge : put out the white, then put in new butter unſalted; heat it, then eat it; uſe it often.

Two remedies very good againſt Worms in little children.

TAke flower of Wheat well boulted as much as will lye upon three crownes of gold; put it in a glaſſe, and powre into it well water, ſo much as will ſteepe the ſaid flowre, and make it looke as it were milke, and no thinner : then give the childe drinke of it, and you ſhall ſee with his excrements the worms come forth dead, which is a very good remedy.

The

The second remedy against worms.

FOr children that be so little, that the medicine cannot be ministred at the mouth, you must take very good Aqua-vitæ, wherewith you must wash or wet the stomack or brest of the child: then powre it upon the said place with the powder of fine myrrhe and lay the child downe a little while with his breast up ward, and you shall see incontinently the Wormes, with the childs dung, come forth dead.

To heale children of the Lunaticke disease, which happeth unto them by reason of a worm with two heads: that breedeth in their bodies, the which worm, comming to the heart, causeth such a passion in the child, that oft times it kils them.

TAke the tender stalkes of a Wilding tree, and dry them in the sha-

dow; then stampe them well, and sift them and take of the said powder and roots of Gention, and of long Pyome of each of them a quarter of an ounce and a quarter of an ounce of myrrh; all these well beaten to powder, you must put in a dish, or some other vessell, and moist them with a little water; then take of it with your two fingers, and wet the lips and mouth of the child; doe this three or foure times, and you shall see the worme come forth dead with the excrements.

A remedy for the Falling-sickneſſe.

TAke Germander gathered in May when it is in the blossome; dry it in the shadow, and make it in powder, and when you will use it, take the yolke of an egge or two, and stir and breake it with a spoonfull of the said powder; then seeth it, and give it to the Patient to eat; doe this morning

ning and evening eight dayes, abstaining from wine, carnall company of women, from all Pulse, Beanes, Pease, Fitches, Tares, and such other, from Sallets, Salt fish, and from all other things that are hard of concoction and digestion: a very good and noteable secret.

A medicine to cure the biting of all venomous beasts.

AS soone as the party feeleth himselfe bitten with any venomous beast, or as soone after as may bee, take green leaves of a fig-tree, and presse the milke of them three or foure times into the wound: and for this, serveth also Mustard seed mingled with Vinegar.

To draw an Arrow-head or other iron out of a wound.

TAke the juice of Valerian, in the which wet a tent, and put into the

wound, laying the same herb upon it stamped: then make your binder as best fitteth, and by this meanes you shall draw forth the iron, and after heale the wound.

For a knock or fall, causing a bunch upon the head.

TAke an ounce of Bay salt, raw Hony three ounces, Comin three ounces, Turpentine two ounces, mingle all these well upon the fire, then spread it upon a linnen cloth, and make thereof a plaister, and lay it hot to his head: the which will asswage the swelling, and heale the hurt.

A secret remedy against the pluriſie.

OPen a white loafe new baked, in the middle, and spread it well with goood Treacle on both parts upon the crummie sides, and heat it at the fire: then lay one part upon the place of the disease, and the other part

part on the other side of his body directly, and so binde them that they stirre not, leaving them so a day and a night, or untill the impostume breake, and then take away the bread and immediately the Patient will spit forth the putrification of the impostume; and when he hath slept a little let him eat, and by Gods help he shall shortly be well.

A very good remedy for a wound with a sword, staffe, or stone, or such like.

TAke Taxus Barbatus, stampe it, and take the juice of it; and if the wound bleed, wipe it and make it cleane, washing it with white Wine or water; then put the juice upon the wound, and the herbs upon it, out of the which you tooke the juice: then binde up the wound, and in one day you shall see a wonderfull effect,

Against the disease or griefe of the flank, and the Collick passion, experimented and proved divers times.

TAke halfe a glasse or lesse of the juice of Barbaries when they bee very ripe and red, and put into it as much red Corall as will lye upon two groats, well broken into powder, and give the Patient to drinke thereof.

Another perfect remedy for the same disease, and to make a man passe within halfe an houre, that hath not made water in three or foure dayes, and will brake the stone within ten or twelve dayes.

TAke fine powder of Virga aurea, and put a spoonfull of it into a new laid egg softe roasted, and give the Patient thereof in the morning to his breakfast, and let him not eat in foure hours

houres after, and then he ſhall make water in leſſe then halfe an houre, and let him uſe this for the ſpace of ten or twelve dayes as aforeſaid; the Patient ſhall void the ſtone without any paine or griefe.

A remedy for the ſpetting of blood occaſioned by the breach of ſome veine in the breaſt.

TAke Mice dung beaten in powder, as much as will lye upon a groat, and put it into halfe a glaſſefull of juice of Plantane with a little ſugar, and ſo give the patient to drink thereof in the morning and evening continuing the ſame he ſhall be ſound.

Againſt the griefe of the lungs, and ſpitting of blood, a remedy experimented and tried.

TAke an herbe called Furfara, or Tuſſilago at the Apothecaries, Ungula Caballina, in Engliſh called

Colts foot; in French, *Pat de lion*: incorporate it well with the lard of a hog chopped, and a new laid eg: boile all together in a pan, and give the Patient of it to eat nine mornings. This is also good to make one fat.

Against a stinking breath.

TAke Rosemary, leaves with the blossoms, if you can get them, and seeth them in white wine with a little myrrhe and Cinamon, and you shall finde a marvellous effect if you use it often in your mouth.

Against the biting of a mad dog, and the rage of madnesse that follows the party bitten.

TAke the blossomes, or flowres of wild thistles, dryed in the shade, and beaten into powder, halfe a nutshell full; put into white wine, and drinke it, and in thrice taking it you shall

ſhall be whole. A thing tried and experimented.

A medicine for watry eyes.

TAke a red cole leafe and anoint the leafe with the white of an eg; when you goe to bed lay the ſame to your eyes.

A medicine for ſore eyes.

TAke a little ground Ivy, and ſtraine it and womans milke together, and let it be ſomewhat green of the Ivy, & then drop a drop or two into the eyes.

Another for the ſame.

TAke Fennell water ſtilled, and hive Hony: mingle them together, and put a drop or two into the eye. Theſe are approved.

To make water for the eyes to kill the heat of any sore.

TAke red Sage, and boyle it in Smiths water till the third part be consumed: then straine out the Sage very hard, and put into it a quantity of the liquor, a peniworth of Allome, and as much of white Coperas, after you have taken it from the fire, and annoint your eyes therewith.

Another for the same.

TAke the leaves of red Brambles, of Plantane and Hony suckles, boile the all in running water from a quart to a pint, and use it to the sore.

A medicine for the pin and web in the eye.

TAke the white of an Egge being hot, take out the yolke cleane, and put

put thereto a good quantity of ſugar-candy: then ſtraine it hard thorow a cloth, and therewith make a water, and every day twoor three times drop it into the eyes.

A medicine to clear the ſight.

TAke Red roſe water, cleane myrrh as much as a nut: breake it into powder, and binde it in a linnen cloth, and let it lye in the water twelve houres: then take of this water, and put it in your eyes, and it will cleare your ſight.

For a pearle in the eye.

TAke red Fennell, and the leaves and roots of white Dayſies; uſe them without any liquor, and put together three ſpoonfulls of either of them: then take one good ſpoonfull of clarified Hony, and two or three ſpoonfulls of womans milk, and drop this into your eye three or foure

times

times a day: and if there be any sight in the eye, this will cure it.

For the eyes that are blasted.

TAke a toste made of browne bread and lay it in red wine that is not mingled, and let it lye untill it be soked halfe an houre; then put it into a fine cloth in two peeces, for each eye one: the fine cloth must be between the eye and the tost. Dresse it when you goe to bed at night.

To purge the head and eye-sight.

TAke the juice of Hey hoo, and put it into your nostrills, and the fleame and running water will follow.

For the eyes that be red and sore.

TAke Fennell, Vervine, Roses, Salendine, and Rue, of each two ounces,

ounces, and distill all together: and when neede is, then put a drop or two into the sore eye: for it is good for all manner of diseases in the eye.

Against the paine of the eyes.

TAke the yolk of an eg roasted hard, and layd to with Rose oyle and Saffron put in the juice of Basill.

For to see well.

TAke eye bright, red Fennell, of each halfe a handfull: of Rue 1 quarter of a handfull: cause these to be distilled, and wash your eyes dayly with the water.

For the aking of the leg.

TAke a peece of sower leaven, and as much Barme, and as much blacke Sope: temper them all together, and so spread it upon a linnen cloth,

cloth, and put it to your leg where the heat is, and change it twice a day, and by Gods help it will heale you in three or foure dreſſings.

A Diet drinke for a Conſumption.

TAke a gallon of running water meaſured by Ale meaſure, and put thereto an ounce of Cinamon, an ounce of Cloves, an ounce of Mace, a dram and a halfe of Aſter roots, and boyle it till it come to three quarts: let this be your only drink till you do amend.

A medicine for the head ache.

TAke a handfull of Roſemary, two handfulls of Betony, and a ſpoonfull of Hony: and ſeeth them all in Malmeſie, and waſh your head therewith.

Another

Another for the head ache.

TAke five Nutmegs: grate them and ſeethe them in Malmſie till they be thick: make a plaiſter thereof, and lay it to your temples.

For winde and ſhootings in your head.

TAke Egremony and Cinamon: bray them, put them in Ale and lay it to the temples of the head; and if the paine remove, lay it where the paine removeth.

Another for the head ache.

TAke a handfull of Camomile, a handfull of Peniriall, a handfull of ſage, a handfull of Wheat bran: chop them all together ſmall; boyle them in a pint of ſharpe Vinegar till they be thick, and thereof make a plaiſter, and lay it to the temples of the

the head as hot as you may suffer it & it shall (by Gods help) doe you good.

Another for the same.

TAke a peece of raw beefe, and lay it on the nape of your necke, and shift it every night when you goe to bed: use this as often as you see good; proved.

Another for the same.

TAke an ounce of Oyle of Roses, two ounces of white vinegar, foure ounces of Plantane-watere: mix these together, and wet a linnen cloth in it, and lay it to the temples.

A medicine for the Megrime in the head.

TAke Housleek and garden worms the greater part being Housleek stamp them together, and put thereto fine flower, and make a plaister on a fine cloth, and lay it to the sore head and temples.

Another for the same.

TAke Mustard seed, and temper it w th Vinegar: make an oynument thereof, and lay it to the Temples in a plaister and another in the nape of the neck behinde where it is not sore, and it will avoid and shortly be whole.

A medicine to keepe up the palat of ones mouth.

TAke a peece of wheaten leaven, and Commine seed beaten in a morter, a quantity of Bay salt, and Redrose vinegar, and Redrose water: put them in a bag of cloth, and lay it to the mould of the head.

To dry up the Rhume in the head.

TAke a quantity of dried rose leaves, the flower of Cammomile, Basill,

Mar-

Marjoram, all dryed; aquantity of Cloves and Mace, groſſe bruiſed; a Nutmeg, and a quantity of Dill ſeed, all quilt in a cap.

A Poultis to coole any place, either face or any where elſe, that is red and full of hot pimples.

TAke Houſleek, Mallowes, Purſeline, Water roſes, called Nymma: beat all theſe, take the juice of them, and put a little cyle of Roſes to them, and waſh the place with it, or ſtampe the herbs till they bee thick like pap: then ſeethe it with a little Roſe oile and Wax, and then you may lay it on as a plaiſter.

Againſt red pimples of the face.

TAke an ounce of Camphire, as much brimſtone, beaten mirrh, Frankincenſe, of each foure drams, of Roſewater a pound; put all theſe

these in a glasse, and set it in the Sun ten daies, and then lay it on the places.

Another.

TAke the distilled water of Ashtree, Tamaredis oft eaten, wine of strawberries laid upon the face.

Another.

TAke the distilled water of Mulline and a little Camphire mixed together and laid to the face.

A medicine for them that are deaf, so that they have heard before.

TAke the juice of Bittaine, womans milke that hath a man child; mingle them together, and dip a peece of blacke wooll in it, and put a peece of it into your eare, for the space of ten or eleven dayes or more: if it happen that this will not take away the deafnesse, then take the milke of a Cow and

and seeth it with Oatmeale and juice of bettony, and lay it plaisterwise over the ears, night and day for a long time.

To make an oyntment for a red face.

TAke halfe an ounce of Camphire, two drams of Sulphur vivum, and an ounce of Deers suet, melt the suet and the Camphire together, then put in the Brimstone, fine ground in a morter, when the other is almost cold, and set them no more over the fire after the Brimstone is put in. These being laid on all night, will take away the heat and the pimples.

Another for the same.

TAke as much Mercury sublimate as a Bean, and twice as much Allome, and put them in a quart of faire water and boyle them together with two or three cornes of Bay salt, and bathe your face therewith often in a day

day with the same cold, and open the pimples with your fingers before you wash.

For a sore mouth.

TAke a quart of white wine, a quart of water, a pint of wine vinegar, a good quantity of red Sage, two peniworth of Mercury, halfe an ounce of Roch Allome, a quantity of Rosemary, a greater quantity of Woodbine-leaves, and three spoonfulls of Hony: seeth them together, and wash your mouth therewith.

A water for a Canker and a sore mouth.

TAke Rosemary croppes, Sage, Singfield, Woodbine-leaves, Allome, live Hony, or pure Hony boyled in Spring-water, half a handfull of each of the foresaid herbs boyled in three pintes of water, till they have boyled a third part away, and keepe it in a glasse stopped, and wash your mouth with it.

For

For a Canker and sorenesse in the mouth.

TAke two ounces of fine Coperas beaten to powder, halfe a pinte of faire water, and let the same Coperas be distilled or steeped two dayes and two nights: then strain the same softly thorow a linnen cloth, then take a spoonfull therof and wash your mouth and throat with it softly, blood warme, but drink none of it. This medicine will not continue good above fourteen dayes; therefore you must make it fresh as occasion serves: you must take it morning and evening.

A medicine for the Mother that riseth in a womans side.

TAke Aqua-Composita; and beat Bay berries in powder, and put it into thy Aqua-Composita, and put a spoone

spoonfull or two in a draught of beer or ale, and so drink it.

A Medicine for pricking of a needle, or Thorn in the joynt.

TAke faire bolted flowre of wheate, and temper it with white or red wine, a little oyle olive, and a few rose leaves; seeth them together till they be plaister thick, and lay it to as hot as you can suffer it; it will draw forth the needle, and ease the ache.

A Medicine for a Canker that eateth mans flesh.

TAke wheate-bran of the smallest powder, the juice of smallage, the juice of woodbine, burnt allom beate into powder, and a little honey; mingle all these together, and make a plaster of it, and lay it to the sore, and it shall destroy the Canker.

For a bruise.

TAke virgin wax, and commine seed well beaten; mix them together, and lay it to the sore plaister-wise.

For a white scall.

TAke sallet oyle beaten with the whites of egs til they be thorowly wroght together: cut away the haire, and so anoint the head, and lay a bladder upon it.

A medicine against all flixes.

TAke linseed, and boile it in new milk: make a plaister thereof, and lay it to the grieved place.

A medicine for a sore brest.

TAke Groundsill, and chop it small, the grounds of small beer, wheaten

wheaten bran, and sheeps suet beaten in a morter, boyle them all together, and lay it plaister wise to your brest.

A medicine for swelled brests.

TAke white wine, wheat-bran new bolted, Rose leaves old and new; seeth them till they be thick: then lay it to the brest as hot as shee may suffer it, from even to morning, and shift it again.

To break the steam of the brest.

TAke butter without salt, and hony, of each a quantity, faire bitter Almonds; blanch them, and beat them fine, and eat a little every day.

A very good medicine for any ach or sore brest. Often proved.

TAke frankincense, fine wrought wax, Boares grease, and rohn,

of each of them a like quantity, and seethe them together to a cake; spread it on a cloath as broad as the sore or paine is, and lay it to foure and twenty houres, or twelve at the least.

An approved Medicine for a sore Breast.

TAke an handfull of Mallowes; seethe them very soft in faire water, and then let the water runne away from the Mallowes: then chop or shred them; then put them in a dish with Boares-grease, and heate them very hot, and lay on a plaster of linnen cloth to your breast as hot as you can suffer, three or foure times a day beating it. This hath beene approved very good.

A remedy for the paine of the Breast.

TAke Hysop, Parsley, and Sage, stamp them together, and lay them to the Breast, and it will bee whole.

Another

Another for the stopping of the brest.

TAke rue, and seethe it with alligant, and drinke it three or foure times.

A medicine for the bloody flix.

TAke as much fine linnen cloth as will make a Suppository, being wrapped together button-wise: then wet the same in the best aqua vitæ, or aqua composita, and let the party grieved convey the same into his fundament, and it will helpe him by the grace of God, within three or foure dressings. This is approved, and hath holpen many that have been brought low, and thought past cure.

Doctor Smiths Medicine for the colick and stone.

TAke posset ale made of Rennish wine, boyle cammomile, running Time, Parsley, pellitory of the wall,

with a good spoonfull of Comminseeds, till the third part and more be consumed: then strain them with Sugar sufficient: drinke a good draught warme, and use it as occasion serves.

A medicine for the chincough, for a child.

TAke Bores grease, and warm the soles of the feet to the fire: then chafe them with that, and goe to bed, and keepe it warme, and lap clothes to it.

To slay a louse.

TAke halfe a quarter of a pound of Almonds, and parch them upon two new tiles: beate them in a mortar, and take a quart of faire water, and set it on the fire, and put in halfe a handfull of knot grasse, and halfe a handfull of Plantane leaves, and let them seethe a good while: then take

take the water, and ſtrain the foreſaid almonds therewith, and make an almond milk thereof, and put in a peece of ſugar: then take date ſtones, and beat them to powder as ſmall as may be, and put ſome of that powder into the almond milke: ſo drink it lukewarme.

An excellent Medicine for a child that cannot part with his water or wine.

TAke three or foure hive Bees: kill them, then dry them upon hot ſlate: being thorow dry, bruiſe them to ſmal powder; then put the the powder into a quart of ſmall Ale, and give the ſicke to drink, and hee ſhall have preſent remedy.

A medicine for the pain of ſwelling in the ſtomach.

TAke a good quantity of roſemary flowers: boile them in white wine,

and as hot as may be suffered, apply it to the stomack.

An approved medicine for the spleen.

TAke a quart of claret wine, a pint of boyle of olive, two good handfulls of camomile being shred small; boyle the wine and camomile together from a quart to a pint, and anoint the hardnesse of the spleen morning and evening therewith; and it will dissolve.

A medicine for a felon or andcome.

TAke rusty bacon, and colewort leaves, stamp them together, then take a piece of dogs leather prickt full of holes, and spread it upon the leather, laying into the sore twice a day; and when it begins to heale, but once a day.

A Medicine for the Itch of the Body.

TAke sweete Butter, unwrought wax, Vinegar, Brimstone, a little Rose water, red Cloves whole; boile them together till they be like a salve: then annoynt the flesh three sundry nights by the fire therewith, and no more.

A Medicine for the Canker in the Body.

TAke Bollarmonack, Roch-allome, and hony, then beate them to powder; take twice as much of the allome as of the Bollarmonack, and stir them together till they come to a salve, and so annoynt the sore.

A Medicine for the heate or ache in the Body or Legs, or else where.

TAke red dock-rootes, and take out the over pith, and seethe them in running water, then drawe the

water from them, and beate it with thick creame, and so annoint the place that is grieved, or with a cloth dipt in the same, and laid over the place.

A Medicine good to cleanse the Body.

TAke balm, and lay it in white wine till it be well steeped, and then distill it: the water thereof is good for any disease that is in the body, but you must distill the wine and all together, drinking a spoonefull or two in the morning. Proved.

A Medicine for a Fistula.

TAke Vervine, and dry it upon a Tile, and make powder thereof, and make cleane the sore with a linnen cloth, and fill the hole full of the powder.

A remedy for one that vomiteth.

TAke Coriander seeds fine beaten in powder, & drink it with mint water

To

To make a sear-cloth for all manner of aches.

TAke a pound of unwrought wax, halfe a pound of rosin, two ounces of Frankincense, a pound and a halfe of sheeps suet, and boile them all together, and strain them in a faire bason; then put them on a chasindish of coles, and dip a linnen cloth therein, and so lay it to the sore.

A medicine for the ring worme or tetter.

TAke red dock roots, slit them, and lay them in vinegar, and so wash the ring-worm or tetter.

A medicine for the sick.

TAke wheat flower, and bake a cake, and cut it in the midst: then strike the dowy sides all over with tarre, and lay it to the patient as hot as may be: you must lay one halfe of the

the cake to the one side of the patient, the other halfe to the other side.

A Poultis for all manner of Swelling.

TAke a lap full of wilde Mallowes, and seethe them in running water till they bee tender, and then swing them, and chop them small; then take a penny worth of sweet butter, and the crums of white bread, and put the Mallowes and all into a quart of milk and seethe it till it be thick, stirring it well; then lay it to the griefe as warm as can be suffered.

A Medicine for the Cough.

TAke Mustard seede and put it into figs, seethe it in Ale, and drinke it.

A Medicine for the Mother.

TAke Rosin, and beate it very fine, put it into white Wine and Sallet

Oyle

oyle, and drinke it, and it will doe you good.

A Medicine for the bloody Flix.

TAke the pills of Pomgranats, beate them, and drinke them with red-wine, morning and evening blood warm: then beate a brick red hot, and lay it under a close stoole, and cast rosemary and malmsie on it, and let the patient sit over it.

A very good Medicine for the Piles.

TAke the hard Roe of a red Herring, and roste it hard, then take the seedes of Nettles, and beate them together small, then beate them with Barrowes grease, and boyl them together, and anoint the Piles therewith; then take a chasing dish of coales, and set it under a close stoole, and cast a little frankincense thereon, and let the Patient sit over it when hee is

anointed

annointed with the aforesaid ointment.

A medicine for a burne.

TAke oyle of Roses, and womans milk; put it into the open place, and it will heale it

Another for the same.

Take a linnen cloth cleane washt, and burn it, and make a powder thereof, and take the oyle of egs, and annoint the sore: then strew the powder thereon.

A medicine for the Dropsie.

TAke Anniseeds, Coriander-seeds, Spikenard of Spain: use this in your meat and drink eight dayes together, and it will do you good.

A medicine to dry a sore.

TAke a pot of Smiths water, a quarterne of Roch Allome, halfe a pinte

Pinte of Oyl of Olives, and put thereto an handfull of ſage, and boyl them together till they be halfe conſumed; then uſe it to the ſore, and it will dry it.

A Medicine for an ache that comes againſt rain.

TAke the hornes of a Stag; cut them in ſmall peeces, and boyle them in water, till it bee conſumed, from a gallon to a quart: then powre the water from the bones, and it will gelly when it is cold, and therewith anoint the grieved place againſt the fire evening and morning.

A Medicine for a burne or ſcald.

TAke Mallows and ſmallage: ſeethe them in water; when they bee tender take them forth, and wring out the water cleane: chop them ſmall, and ſet them on a chafing-diſh of

of coals, and put it to a little sheepes suet, and make of it a salve, and lay it to the sore place thick, and lay a cloth upon it, and tie it on.

A Salve for an old Sore.

TAke the inner rinde of an Oke that is not very old, and burne it to a coale; then quench it, and make thereof a powder, and temper it with the yolke of an egge, and make thereof a salve.

To make a drinke for a burning Ague.

TAke a quart of running Water, halfe a pinte of Vinegar, halfe a quarter of a pinte of Rose-water, a quarter of a pound of Sugar, and one stick of Cinamon; boyle them all together, let it coole, and give it the sick to drinke.

A medicine for the heat of the liver.

TAke wort of the first tap, drink it every morning next your heart for a moneth together, and it will help you.

A medicine to make a yong chylde goe to the stoole.

TAke May butter, and chafe the nayvill therewith against the fire; then take some black wooll that growes betweene a black sheeps legs, dip it in May butter, and dry it; then lay it to the nayvill. It is good for an old man also that can take no inward medicine.

An aproved medicine for the nayvill, when it comes out with swing.

TAke wax which is used no other way but to take the hony from it, and when you have an occasion, melt some

some of the wax in a sawcer, and dip black woolll in it; lay it to the navill, and it will help it.

A medicine for the swelling of a childs cods.

TAke red rose leaves, bray them, and boyle them in red wine an houre; then wet a cloth in it, and lay it to the childs navill as hot as you can suffer it.

A medicine to stanch the flix.

TAke a sawcer full of the juice of Milfoile, as much of the juice of Plantane and wheat flower; temper the flower with the juice of the herbs, and so make a cake of it, and bake it, and eat it hot.

For to stanch blood at the nose, or at a veine that is cut: proved.

TAke feathers burned to powder, and lay it upon the veine that is cut,

cut, and also take a wet cloth, and lay it round about the members, and wet the cloth three times, and lay it too cold every time, and it shall stanch whersoever it be. Proved.

For to help a drunken man or woman for ever.

GIve him a purgation 5 after that, give him a swallow, to drink in powder for the space of twelve dayes, and for a months space give him every day foure Almonds to eat, with foure leaves of woodbine, beaten: you must eat them in the morning next your heart. Proved.

For Scabs.

TAke snailes, and pick them, and take the water that comes out of them, and annoint the scabs therewith; take vine leaves, and bind them to the scabs, and doe it every morning and evening,

evening, and you shall be whole. Proved.

To dry scabs.

TAke gum arabeck, put it in rose water till it be consumed, and wash them therewith. Proved.

For the palse or shaking in the hands.

TAke Sell and Eysill, seethe them together, and wash thy hands therewith, and eat sage with mustard fasting.

To restore a man to natwe that is in a consumption.

TAke the eldest cock you can get, scald him, draw him, and cut him all in pieces in a glasse pot, stop him as fast as you can, and put among these pieces cloves, mace, small raisins, and salt; then put this glasse into a great pot, and let all these seethe together till they be a gelly: then strain it into a cleane vessell, and

give

give it to the sick first and last blood-warme.

To restore the Brayne.

TAke powder of Bittany, and use it in your pottage, it will restore the Brayne, and destroy the stone.

For a perilous Cough.

TAke Sage, Rue, and Commin, stamp them with pepper: seeth them together with honey, and thereof make an electuary, and use thereof a spoonfull Evening and Morning, and by the helpe of God, it shall doe you good.

For them that cannot see, and have red eyes.

TAke white vinegar, and rub upon a whetstone in a faire bason, take as much salt as powder, and grinde them well together in a Bason, and temper

temper them with wine; and let it stand a day and a night, and put it in a viall of glasse: you must take the thinnest that standeth above in the bason, and put it in your glasse; and when the patient goeth to bed, take a feather and wet therein, and anoint his eyes.

To anoint the face, and to make it white.

TAke fresh bacon-grease, and the whites of egs; stampe them together, and a little powder of bayes, and anoint your face therewith, and it will make it white.

For a fair face another way. Proved.

TAke Plantane and white vinegar, still them together, and wash your face therewith fifteen dayes, morning and evening; after this, drinke a draught of vinegar in the morning once in three dayes.

To make the face white and faire.

TAke Rosemary, and boile it in white wine, and wash thy face there with and thou shalt be faire: then take Erigan, and stamp it, and take the juice thereof, and put it all together, and wash thy face therewith. Proved.

To help the face with red pimpls.

TAke Bay-berries, and pluck off the husks, and make fine powder thereof, and temper it with honey: annoint your face therewith six times, and it will help you.

To draw broken bones out of the head.

TAke Bettony, Vervine, and Rue, stampe them all together very small, and put thereto rie-meale or wheat, and the white of an egge, and make a plaister, and lay it to the head.

To

To quench ones thirst.

TAke the rootes of Lovage, wash it cleane, stamp it, and temper it with water, drinke a good draught of it five nights together, and drinke not in two houres after it.

For one that speaks in his sleepe.

TAke Southernwood, and temper it with wine, & let the diseased drink thereof in the morning, and when he goes to bed.

For a woman that hath too much of the flowers.

TAke the foote of a Hare, burne it to powder, and drink thereof with red wine and cinamon first and last nine dayes, and it will helpe her.

FINIS.

F 185932